

OTTAWA

metro®

Thursday, July 19, 2012



metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa



RBC Royal Bank

Canada's mortgage rules have changed.

How do they affect you?



RBC Royal Bank

It's time for a mortgage coach with the right advice.

RBC Mortgage Fitness Plan:

- ☒ **Advice** – Nearly 1,500 dedicated mortgage professionals
- ☒ **Flexibility** – Save thousands with payment features like Double Up®
- ☒ **Savings** – Home equity credit line at only 3.5% (prime + 1/2%)

PLUS a **\$500 house warming gift*** for first time buyers, or **we'll cover switching costs**** for existing mortgages.

Speak with an RBC Royal Bank® mortgage specialist today.
1-866-864-0420

Advice you can bank on™



TM

* Offer only available to first-time homebuyers who obtain a 5 year fixed interest rate closed mortgage with Royal Bank of Canada ("RBC Royal Bank") or on one RBC Homeline Plan® mortgage segment. Some conditions on interest rate may apply. To qualify for this offer, clients must have or open a mortgage payment account with RBC Royal Bank. The \$500 will be deposited to this account. To be eligible: (i) the mortgage application date must be on or after July 19, 2012 and mortgage funds must be fully advanced within 120 days from application date; (ii) the mortgage or mortgage segment must be for a minimum principal amount of \$100,000. This offer cannot be combined with any other special offers and cannot be used for construction draw mortgages. Offer may be withdrawn or amended without notice at any time. ** We will pay the basic title insurance fee, processing fee and one discharge fee (up to \$300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance \$50,000. Personal lending products and residential mortgages are offered by RBC Royal Bank and are subject to its standard lending criteria. ® /™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

THINK DIFFERENT!

- ✓ Low Listing Fee (e.g. \$200+)
- ✓ Buyer Cash-Back Reward
- ✓ Full Service REALTOR® option

ziglu real estate BROKERAGE

www.ziglu.com
(613) 232-9229

Ziglu... a different kind of real estate company.

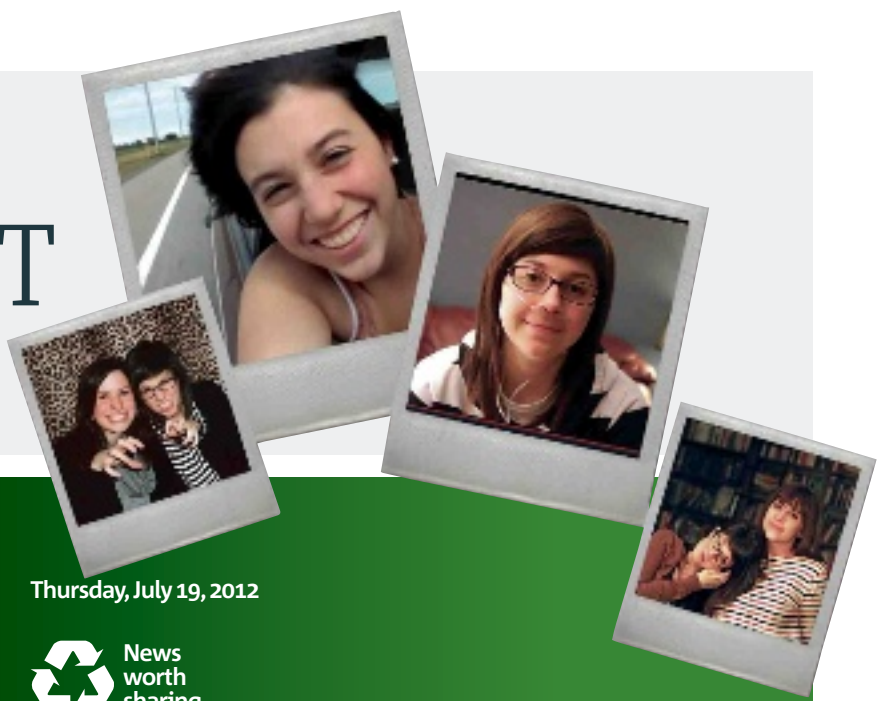
MLS® REALTOR® BEE®

OTTAWA'S SWEETHEART

HÉLÈNE CAMPBELL'S RISE TO FAME

A STORY ABOUT FRIENDSHIP

PAGE 4



OTTAWA

metro

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

Thursday, July 19, 2012



Guergis claim 'fiction': Lawyer

At issue. Lawsuit argues private eye's story about cabinet minister snorting cocaine off a prostitute's breast was false, and repeating it was defamation



JESSICA SMITH
jessica.smith@metronews.ca

A lawsuit claiming the prime minister was part of a conspiracy to take down a cabinet minister by spreading lies that she used cocaine and consorted with prostitutes is "preposterous," his lawyer said in an Ottawa courtroom Wednesday.

Helena Guergis' lawsuit lays out her side of the scandal that led to her being thrown out of the Conservative party in April 2010.

"This whole claim is based upon a fiction, in my submission, it just doesn't work," said Robert Staley, who is defending Stephen Harper, as well as Conservative MPs Lisa Raitt and Shelley Glover in the suit.

Guergis' suit also targets Conservative party lawyer Arthur Hamilton, the prime minister's former chief of staff Guy Giorno, private investigator

Derrick Snowdy and others.

She's suing for \$1.3 million, alleging the defendants conspired to remove her from office and that they defamed her and committed "misfeasance in public office." The allegations in the claim have not been proven in court.

Staley and lawyers for the defence argue the suit should be thrown out.

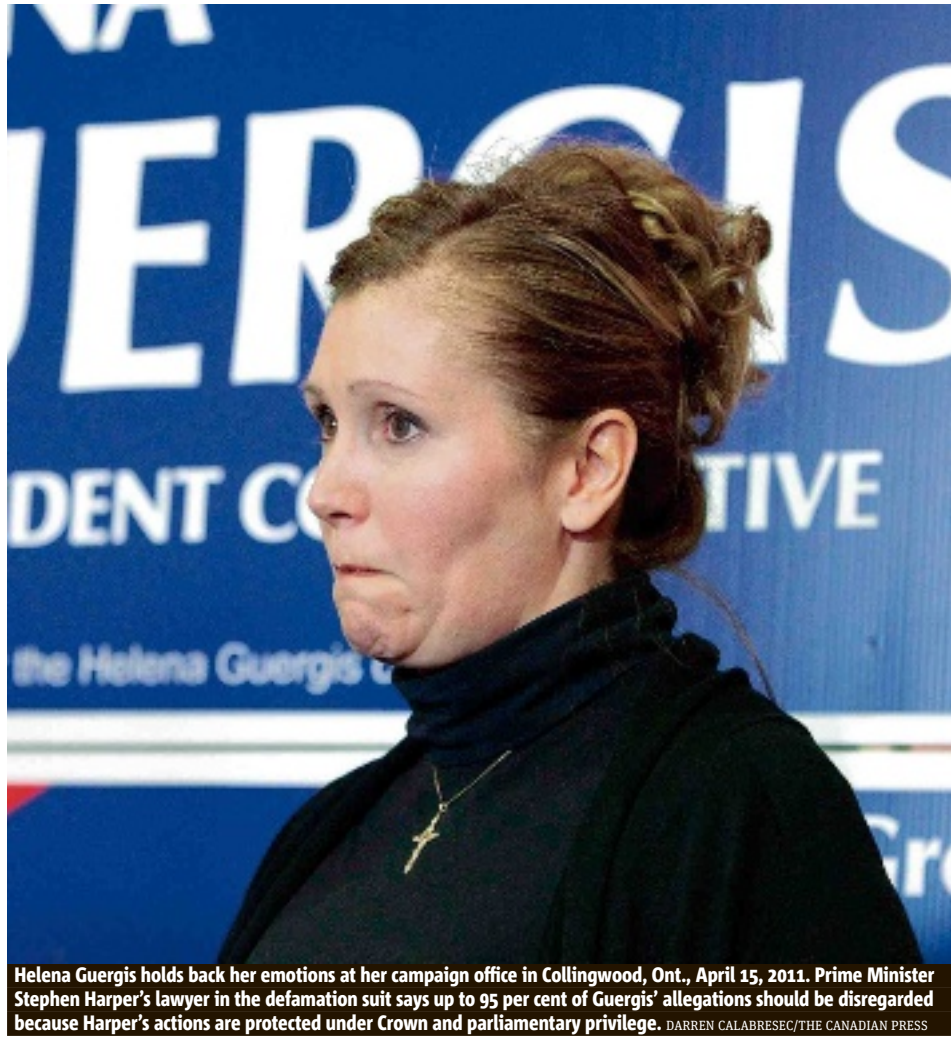
The statement of claim says Snowdy told Hamilton that Guergis engaged in fraudulent activity, extortion and prostitution — which she denies — and Hamilton told the prime minister and his staff, who alerted police and the ethics commissioner.

Defence lawyers said her claim offers versions of events that are inherently contradictory with each other. For instance, the statement of claim offers an "alternate" version of the facts in which Snowdy never actually told Hamilton she was engaged in illegal acts.

The defence lawyers argued Guergis has no direct knowledge of many of the details of the alleged conspiracy outlined in her case or alleged defamatory statements.

"You don't get to make this stuff up, as appears to be the case here," Staley said.

Follow Jessica Smith on Twitter @jessicacatherine



Helena Guergis holds back her emotions at her campaign office in Collingwood, Ont., April 15, 2011. Prime Minister Stephen Harper's lawyer in the defamation suit says up to 95 per cent of Guergis' allegations should be disregarded because Harper's actions are protected under Crown and parliamentary privilege. DARREN CALABRESEC/THE CANADIAN PRESS

Helping shape roller derby

Local league now has full-member status of governing body, the Women's Flat Track Derby Association PAGE 13

Boob-tube bills to lower

CRTC's decision to phase out the 1.5 per cent Local Programming Improvement fee will decrease cable and satellite bills PAGE 11

Kale, pesto and pasta out of a pot

This easy recipe is perfect for vegetarians and those on a gluten-free diet PAGE 23



Take the historic foundation of Creole Louisiana style cuisine and combine it with fresh local ingredients to create the most delectable flavor combinations.

Big Easy's

SEAFOOD & STEAK HOUSE

228 Preston Street
613-565-3279
www.bigeasys.ca

LUNCH: 11:30AM - 3PM (WED - FRI)
DINNER: 5PM - 11PM
EASY TIME: ALL DAY SUNDAY
SATURDAYS: 5PM - MIDNIGHT
SUNDAYS: 5PM - 10PM • MONDAY: CLOSED



DODGE
caravan kids

PROUD SPONSOR OF AMATEUR HOCKEY ACROSS CANADA

Less Fuel. More Power. Great Value is a comparison between the 2012 and the 2011 Chrysler Canada product lineups. 40 MPG claim based on 2012 EnerGuide highway fuel consumption estimates. Government of Canada data used. Your actual fuel consumption will vary based on driving habits and other factors. See retailer for additional EnerGuide details. Wise customers read the fine print: * * * t. \$ The Hurry Up to Trade Up Summer Clearance Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after July 4, 2012. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailers for complete details and conditions. **\$19,995 Purchase Price applies to 2012 Dodge Grand Caravan Canada Value Package (29E) only and includes \$8,000 Consumer Cash Discount. See participating retailers for complete details. Pricing includes freight (\$1,400-\$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. *Consumer Cash Discount is offered on select 2012 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. **\$1,500 Bonus Cash is available on all new 2012 Dodge Journey SXT models except remaining Save the Freight models. Bonus Cash will be deducted from the negotiated price after taxes. See your retailer for complete details. 14.99% purchase financing for up to 96 months available on the new 2012 Dodge Grand Caravan Canada Value Package (29E) model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Auto Finance and Ally Credit Canada. Retailer order/trade may be necessary. Retailer may sell for less. See your retailer for complete details. Example: 2012 Dodge Grand Caravan Canada Value Package (29E) with a Purchase Price of \$19,995 (including Consumer Cash Discount) financed at 4.99% over 96 months with \$0 down payment, equals 208 bi-weekly payments of \$117 with a cost of borrowing of \$4,297 and a total obligation of \$24,291.83. Pricing includes freight (\$1,400-\$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. Cash Discount: \$28,530. Pricing includes freight (\$1,400-\$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees and other applicable fees and taxes. See bottom of the ad for range of potential retailer fees. Retailer order/trade may be necessary. Retailer may sell for less. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. †Based on Ward's 2011 Small Van Segmentation. Excludes other Chrysler Group LLC designed and/or manufactured vehicles. ‡Based on 2012 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. 2012 Dodge Grand Caravan Canada Value Package — Hwy: 7.9 L/100 km (36 MPG) and City: 12.2 L/100 km (23 MPG). ††The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. †Jeep is a registered trademark of Chrysler Group LLC.

SCAN HERE
FOR MORE GREAT OFFERS



HURRY UP TO TRADE UP

SUMMER CLEARANCE EVENT

TRADE UP TO CANADA'S BEST SELLING MINIVAN.

2012 DODGE GRAND CARAVAN CANADA VALUE PACKAGE
CANADA'S BEST SELLING MINIVAN FOR 28 YEARS

36 MPG
HWY
7.9 L/100 KM HWY*

283 HP
BEST-IN-CLASS*



\$19,995*

PURCHASE PRICE INCLUDES \$8,000
CONSUMER CASH; FREIGHT, AIR TAX, TIRE
LEVY AND OMVIC FEE. TAXES EXCLUDED.
OTHER RETAILER CHARGES MAY APPLY:

2012 Dodge Grand Caravan Crew shown.†

OR CHOOSE

\$117 BI-WEEKLY
FINANCING†

@

4.99% FOR 96 MONTHS
WITH \$0 DOWN

STEP UP TO THE 2012 DODGE GRAND CARAVAN SXT

- Industry-Exclusive 2nd row Super Stow 'n Go® with one-hand operation
- Segment-Exclusive* Stow 'n Place™ roof rack
- 3rd row Stow 'n Go® with Segment-Exclusive* tailgate seating
- Centre front floor console with cup holders
- Deep-tint sunscreen glass
- Body-coloured door handles and bodyside moulding

\$18
MORE BI-WEEKLY
(INCLUDES \$1,500
BONUS CASH*)

+Your local retailer may charge additional fees for administration/pre-delivery that can range from \$0 to \$1,098
and anti-theft/safety products that can range from \$0 to \$1,298. Charges may vary by retailer.

LESS FUEL. MORE POWER. GREAT VALUE.

10 VEHICLES WITH 40 MPG HWY OR BETTER.



RAM

Dodge.ca/Offers

U of Ottawa students stuck with copyright fees despite court ruling

Reactions. Top court ruling recommending royalty-free copying for educators makes fees seem worthless, some students say

JESSICA
BEDDAOUI
ottawa@metronews.ca

Despite being locked into a \$900,000-a-year licence agree-

ment with Access Copyright, University of Ottawa officials are thrilled with a Supreme Court ruling that recommends easing up on copyright laws for educators and students.

"It indicates that the Supreme Court values fair dealing and we are looking forward to more decisions," said Leslie Weir, a librarian at the University of Ottawa.

Last week the top court decided material used for classroom discussions and lectures should not be subject

to royalties.

In light of the ruling the decision to sign the licence agreement with Access Copyright has little value, says Elizabeth Kessler, vice-president of university affairs with the Student Federation of the University of Ottawa.

"We've asked the university to take on that fee but they haven't gotten back to us. It's irresponsible — all that cost (being put) onto students," Kessler said.

Weir insists the agreement was crucial because the

Access Copyright deal

- Full-time students at the University of Ottawa will pay \$11 a semester towards the Access Copyright deal until December 2015, regardless of any copyright decisions made by the Supreme Court.
- U of O spends roughly \$14.1 million a year on intellectual property.
- Access Copyright is a non-profit organization that ensures authors and publishers receive royalties for their written work.
- Carleton University did not sign the licence agreement.

university did not have the proper policies and procedures to ensure it complied with copyright laws.

Le Skratch. Bail granted to man appealing assault conviction in fatal beating

The two men convicted of beating Brian Fudge seven years ago at a New Year's Eve party at Le Skratch pool hall are appealing.

Charles Manasseri is appealing his second-degree murder conviction and George Kenny is appealing two convictions for assault causing bodily harm.

Fudge died on Jan. 2, 2005. The two men were convicted in February 2012.

Kenny has been released

on bail pending the appeal.

He is appealing on the grounds that the Crown took too long to get the case to trial and the Crown refused a request to sever the two men's trials, resulting in a long delay for Kenny, who was facing a lesser charge than his co-accused.

The appeals will be heard together in Toronto on a date that has not yet been set.

JESSICA SMITH/METRO

Rock icons

The Who bringing Quadrophenia to Scotiabank Place

Legendary rockers The Who are coming to Ottawa's Scotiabank Place on Nov. 21 as part of their 36-date North American tour.

During an online press conference on Wednesday, Roger Daltrey and Pete Townshend announced they will play their 1973 album Quadrophenia in

its entirety as well as other classic Who singles.

"I don't know how many more years I'll be able to sing this music," said lead singer Daltrey on the band's decision to tour North America for the first time in four years.

"We've been anxious to work together before we drop dead," Townshend added.

Tickets will go on sale on July 20 and will be available to the general public on July 27.

JESSICA BEDDAOUI/FOR METRO



Day on the water aims to build bridges

Sierra and Annika Conboy get ready to paddle from Dow's Lake to the Rideau Locks during the 12th Flotilla for Friendship. The pair were among some 50 First Nations youth and 30 police who pushed off from Dow's Lake in canoes Wednesday morning for a daylong paddle designed to build bridges between the two groups. For more on the Flotilla for Friendship story, go to metronews.ca.

GRAHAM LANKTREE/METRO

1

NEWS

On the web

Florida robbery reignites law debate

Florida's controversial "Stand Your Ground" law is back in the news after an elderly man brazenly shot and wounded two people during an attempted robbery at an Internet café. Go to metronews.ca to watch the shocking video.

Mobile news



A zoo in the Ukraine is now home to a group of white lion cubs that can only be described as heart-meltingly cute. Scan the code to see photos of these cuddly predators eagerly awaiting feeding time.

GOT MORE LOVE THAN YOU CAN HANDLE?

WE CAN HELP!

i-Silhouette

Ultrasonic Liposuction and Body Sculpting Systems

BLACKBURN HAMLET CLINIC 2600 Innes Rd • 613.317.7572

Free consultation & 2 sessions for the price of 1!

ONLY \$159

MUST BRING THIS AD TO RECEIVE PROMOTIONAL DISCOUNT

WHY WEIGHT?

The power of pictures ... and friendship



1 ELISABETH AND HÉLÈNE
Friends Elisabeth Levesque-Mumford and Héléne Campbell strike a funny pose together in this undated photograph. CONTRIBUTED

2 ELISABETH LEVESQUE-MUMFORD VIDEO
The first video about Héléne Campbell was shot by Levesque-Mumford and uploaded to video-sharing website Vimeo on Dec. 2, 2011. METRO/SCREENSHOT/VIMEO

3 KELLY LOGAN VIDEO
Kelly Logan filmed Héléne Campbell in this video, uploaded to YouTube on Jan. 16., asking viewers to tweet to pop star Justin Bieber to get him to retweet the #BeAnOrganDonor hashtag. METRO/SCREENSHOT/YOUTUBE

4 KELLY AND HÉLÈNE
In this photo, Héléne Campbell leans on her friend Kelly Logan in the library of Campbell's Toronto apartment building. CONTRIBUTED

Her story. Héléne Campbell's inspiring survival and rise to celebrity is a story about friendship told with images



JOE LOFARO
joe.lofaro@metronews.ca

By now, nearly everybody knows who Héléne Campbell is. The Barrhaven woman's organ-donation crusade

turned her into an international celebrity, even if she doesn't like to admit it.

But the reality is that her rapid rise to fame was fuelled largely by two of her best friends, Elisabeth Levesque-Mumford and Kelly Logan, who both happened to know how to handle a camera quite well.

Levesque-Mumford, 21, started it all with a video she made, called "A Lung Story." She uploaded it to video-sharing website Vimeo in December 2011 to put a face to Campbell's name.

"Her mom asked me if I could make a video to just explain what had happened to Héléne to make it easier for people to understand," said Levesque-Mumford. "I got her

parents to say a few things and then I got Héléne to answer a few questions."

The video opens with text explaining Campbell's diagnosis — idiopathic pulmonary fibrosis — with Coldplay's *Hurts Like Heaven* (Mylo Xyloto) playing in the background.

"I guess it started when I couldn't keep up with people my age," Campbell explains in the video to a montage of pictures of her with her friends. "We were camping and we were trying to walk and stuff and I just felt really slow and out of breath."

Levesque-Mumford shared the video on *alungstory.ca*, a blog managed by a family friend, and on Facebook. It didn't take long for it to explode on the Internet.

To date, the video has been viewed more than 20,000 times. "People could kind of put a face to her story and see her personality and how she is, as opposed to just reading a text about her," said Levesque-Mumford. "People would tell me, 'I feel like I know her and I never even met her.'"

Logan, Campbell's other close friend, knew she couldn't fix her friend's lungs. But she knew she could try to change the low number of

organ donors in Ontario. She dreamed up

#BeAnOrganDonor and got people to start tweeting it. It

took off when Logan made a video urging people to tweet it to pop star Justin Bieber.

It took a few days, but Bieber sent out a supportive tweet saying, "@alungstory i got the word...you have amazing strength. i got u. #BeAnOrganDonor."

"It went crazy," said Logan, 19, an April interview with Metro. "If you went to the

trending site and then you would refresh the page ... every second there'd be a new tweet. It was really cool."

Logan made a second video to get talk-show host Ellen DeGeneres on board to support the campaign.

Logan and Levesque-Mumford were reunited with Campbell when, joined by a group of friends, they surprised her on Monday upon her arriving home from Toronto. The group got to spend time together just as they used to — but, as Levesque-Mumford noted, it was "without her oxygen tank."

She doesn't think of Campbell as a celebrity, though. "To me, she's still just Héléne," she said.

"I'm really honoured to be friends with her."

DO YOU SUFFER FROM CHRONIC, STUBBORN PAIN?



Sunrise
COMMUNITY ACUPUNCTURE
CLINIC

SCIATICA
MIGRAINE
TRIGEMINAL NEURALGIA
KNEE/HIP OSTEOARTHRITIS
SHINGLES
BACK PAIN/SLIPPED DISC
WHIPLASH
FIBROMYALGIA

We understand the importance of your Health.
You have come to expect the highest level of service and client care.
ADVANCED ACUPUNCTURE TECHNIQUES FOR CHRONIC PAIN
\$15-35 per treatment. You pay what you can.
THERE IS AN ADDITIONAL \$10 FOR THE FIRST TREATMENT ONLY
www.ottawaacupuncturestudio.com
For an appointment: 613-853-9099 (Mon-Sat from 3pm-7pm)

Looking for Work Experience?



Are you between 15 and 30 yrs of age?

Out of school and out of work?

24-week paid employment training program, including 21-week work placement in the westend of Ottawa.

Call the Youth Retail Employment Program: 613-820-4922



This project is funded in part by the Government of Canada's Youth Employment Strategy.



metro

CANADA'S FIRST
NEWS APP* IN
NEWSSTAND

Now available for iPad, iPhone and iPod touch!



Available on the App Store



Home Phone All Features FREE

- Satisfaction guaranteed
- Keep your phone number

Download our Comwave Mobile App
3 Days Free Trial



Now including
unlimited calling to
INDIA & PAKISTAN

Unlimited LOCAL

- Unlimited local calling • 14 free features



\$14⁹⁵
/Month

Unlimited CANADA

- Unlimited local calling • 14 free features
- Unlimited CANADA calling



\$19⁹⁵
/Month

Unlimited GLOBAL

- Unlimited local calling • 14 free features
- Unlimited calling to almost 60 countries



\$29⁹⁵
/Month

Limited Time Offer

6 Months FREE

Your Satisfaction is Guaranteed or You Pay Nothing!

613-216-6096



Ranked #1
Home Phone Service
Consumer Choice Award

While Comwave values its company's advertising, Comwave reserves the right to correct any errors or provide information in any form. HOME PHONE 1995 (and ALL) services are subject to a 30-day trial period. All Unlimited Plans do not include collect to the Public, Business, N.T., Alaska and Hawaii. The 6 Month Free Promotion is based on a 1995 rate and includes a 30-day Satisfaction Guarantee period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guarantee Period with no fee obligation. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 3 months free for a total of 6 months free. Comwave's standard plan and features are based on a standard, non-commercial use. A combination of factors will determine individual use. Unlimited usage is subject to our reasonable usage policy and terms of service. Terms and conditions apply see www.comwave.ca for details.

Audacious rebel bomb rips apart Syria's inner circle

High-level meeting blasted. Top ministers killed as rebels strike at the heart of the regime; mystery over Assad's whereabouts

A bomb ripped through a high-level security crisis meeting in Damascus, Syria, on Wednesday, killing three top regime ministers — including President Bashar Assad's brother-in-law.

It was the rebels' boldest attack yet in the country's civil war.

The Assad family has ruled Syria for four decades, creating an ironclad and impenetrable regime. Wednesday's attack was an unheard-of strike on the inner circle.

Syria's rebel commander, Riad al-Asaad, claimed responsibility, saying his forces



Gen. Fahd Jassem al-Frej was named defence minister after the deadly blast. THE ASSOCIATED PRESS

planted a bomb in the room and detonated it.

All those involved in the attack are safe, he said.

"God willing, this is the beginning of the end of the regime," al-Asaad said in a telephone interview from his

base in neighbouring Turkey. "Hopefully Bashar will be next," he added.

The whereabouts of Assad, his wife and his three young children were not immediately clear.

Syrian TV confirmed the death of Defence Minister Dawoud Rajha, 65, a former army general and the most senior government official to be killed in the rebels' battle to oust Assad.

Also killed was Gen. Assef Shawkat, the deputy defence minister who is married to Assad's elder sister, Bushra, and was one of the most feared figures in the inner circle.

A third official, Hassan Turkmani, a former defence minister, died in the attack.

Syrian TV said Gen. Fahd Jassem al-Frej had been named the new defence minister. Al-Frej used to be the army chief of staff.

THE ASSOCIATED PRESS



Time to gallop out of Dodge

As flames creep ever nearer, it's a race against time. Horses are moved from an equestrian club near Patras, Greece, on Wednesday as wildfires sweep the area, threatening homes. The flames were fuelled by high winds and 40 C heat. GIANNIS ANDROUTSOPOULOS/THE ASSOCIATED PRESS

Teens targets

Israel blames Iran for bus blast

Angry Israel blamed Iran after a bus carrying Israeli teens exploded Wednesday in a Bulgarian resort.

Israeli Prime Minister Benjamin Netanyahu called it "an Iranian terror attack" and promised a tough response.

At least four people were killed and more than two dozen wounded in the blast in the Black Sea city of Burgas.

THE ASSOCIATED PRESS

Hundreds of kids die

Lethal virus closes schools

Cambodia is closing all kindergartens and primary schools to try to stop the spread of a virus that has killed hundreds of kids around Asia.

More than 2,700 kindergartens and 7,000 schools closed Wednesday because of enterovirus 71 strain, or EV-71.

Victims suffer high fever, brain swelling, paralysis and respiratory shutdown.

THE ASSOCIATED PRESS

All our data plans are now just

\$30

WAS
~~\$55~~



Save up to 45%
Get Unlimited Data,
North American Talk,
Global Text, Roaming
Minutes, Phone
Protection and more!

Offer valid July 12 - July 22

Taxes are extra. Limited time offer. Restrictions may apply on combining offers with other offers or promotions and only applicable to new activations. \$30 offer applies to all regular plans for 1 year with the exception of Mobility's \$25 Unlimited Starter Plan. Offer/Credit valid only while customer is on automatic monthly payments (preauthorized credit/debit payment). Phone protection plan requires registration and may be voided if not registered on or before July 25, 2012. All unlimited features included in each plan/add-on, including unlimited talk, text and data features, must originate and be used within the Mobility Unlimited Zones. Premium and special numbers are excluded. Taxes are included in roaming charges listed here. Additional terms and conditions apply. Subject to change without notice. (c) 2012 Mobility. 'Mobility', 'Now that's smart', the Mobility designs and the Mobility logo are trademarks of Mobility. Other trademarks shown may be held by their respective owners. All rights reserved.

mobilicity
Now that's smart.

Mobilicity Stores

Ottawa
Lincoln Fields Mall
1595 Merivale Rd, Unit 6
168 Rideau St
Bayshore Shopping Centre
173 Montreal Rd
Hazeldean Mall
Carlingwood Shopping Centre

Authorized Dealers

Cellular X Zone: Billings Bridge Shopping Centre
Bullo Wireless: 1414 Walkley Rd
IGO Cyber House Inc: 223 Bank St
FTA Tronix: 1807 Carling Ave
Mino Mart: 1157 Wellington St
City Mobile: TNT Supermarket 224 Hunt Club Rd, Unit B
Hasty Market: 1565 Alta Vista Dr



More saving. More doing.®

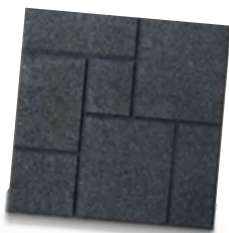
ENJOY THE
SUMMER
WITH THESE

HOT DEALS

► Prices valid until Wednesday, July 25, 2012, unless otherwise noted.

**LOWER
PRICE**

**NOW
\$6⁹⁹** ~~WAS
\$7.99~~
each



ENVIRO TILE • 18" x 18"
• Cobblestone pattern • Will not warp,
crack, chip, peel, break or crumble
Grey (1000661410); Earth (1000661411)
TerraCotta (1000680929)

**SPECIAL
BUY**

\$99

**CLEANFORCE® 1400 PSI
Electric Pressure Washer**
• 1.4 GPM • On-board
detergent tank (1000729230)
While quantities last.



**SPECIAL
BUY**

SAVE \$25⁰¹

\$29⁹⁸ ~~each/WAS \$54.99~~

Assorted Premium Tropical Plants
• 30.5cm/12" pot • Add a touch of
tropics to your outdoor space
• Great selection of tropical plants
up to 7' tall While quantities last.



clearance

While quantities last!
Off our regular prices. Valid on In-Stock products only. Selection varies by store.
Sorry, no rain checks. See below for details!

**EXCLUSIVE
MARTHA
STEWART
LIVING**



**NOW
\$499** ~~WAS
\$699~~

**MARTHA STEWART LIVING™ Fiori 8-Piece
Dining Set** • Includes 4 chairs, 2 swivel chairs,
40"W x 70"L table and 8' umbrella (1000708770)

**EXCLUSIVE
MARTHA
STEWART
LIVING**



**NOW
\$399** ~~WAS
\$599~~

**MARTHA STEWART LIVING™ Grand Bank
6-Piece Dining Set†** • Includes dining table,
4 sling swivel rockers and crank/tilt market umbrella
(1000709127) †Umbrella base sold separately.

**EXCLUSIVE
MARTHA
STEWART
LIVING**



**NOW
\$399** ~~WAS
\$599~~

**MARTHA STEWART LIVING™
Milford 8-Piece Dining Set**
• Includes 4 padded sling dining
chairs, 2 padded sling swivel
rockers, 70"L x 40"W
dining table and
9' umbrella (1000708496)

**NOW
\$1399** ~~WAS
\$1649~~

**JOHN DEERE D100 17.5 HP
42" Lawn Tractor** • Single
cylinder • Briggs & Stratton®
engine (1000678002)



**NO INTEREST
IF PAID IN FULL WITHIN
12 MONTHS**
See in-store for details.

**NOW
\$21** ~~WAS
\$29~~

Burlingame Chair
• 22"W x 25-1/2"D x
35-1/2"H (1000708776)



**NOW
\$799** ~~WAS
\$999~~

Summit Shed • 8'W x 9'D x 8'H
• Includes floor panels
(1000730181)



**NO INTEREST
IF PAID IN FULL WITHIN
12 MONTHS**
See in-store for details.

**NOW
\$199** ~~WAS
\$329~~

**ARIENS® 21" 2-In-1
Front Wheel Drive
Mower** • Kohler® 173cc
4-cycle OHV engine
• Mulch, bag or side
discharge (1000665500)



**2-YEAR
WARRANTY**

**2 YEAR
FULL
COWMOW
WARRANTY**

**NOW
\$269** ~~WAS
\$329~~

**LAWN-BOY® 20"
Push Lawn Mower**
• Kohler® engine • Smart
Start® auto choke system
(1000681114)



**NOW
\$499** ~~WAS
\$699~~

**BLUE EMBER 4-Burner
Propane Gas BBQ** • 46,000 BTU
Stainless Steel tube burner system
• 12,000 BTU cast brass side
burner/infrared burner (1000681007)
Natural Gas (1000681009)
NOW \$549 WAS \$749



► Rotisserie kit
included

MARTHA STEWART LIVING™ and the MARTHA STEWART Circle Logo™ are trademarks of Martha Stewart Living Omnimedia, Inc. Copyright © 2012 Martha Stewart Living Omnimedia, Inc. All rights reserved. †Off our regular prices. Valid on In-Stock products only. Selection varies by store. Sorry, no rain checks. †Offer valid at The Home Depot Canada. Offer does not include clearance products. Not valid in combination with any other offer. Some exceptions may apply. Selection varies by store and quantities are limited. Offer valid to Canadian residents only. No substitutions or rain checks. See Store Associate or Special Services Desk for details or visit homedepot.ca. Prices may vary after Wednesday, July 25, 2012 if there are any market variations. We reserve the right to limit quantities to the amount reasonable for homeowners and our regular contractor customers.

**FIND MORE
at homedepot.ca**

Birth defects. Australian woman wins millions in Thalidomide lawsuit

An Australian woman born without arms and legs after her pregnant mother took the anti-morning-sickness drug Thalidomide has reached a multimillion-dollar settlement with the medicine's British distributor, her lawyer told a court Wednesday. The German maker of the drug refused to settle.

Lynette Rowe, 50, of Melbourne, is leading a class-action suit on behalf of children born with congenital birth defects linked to Thalidomide. The drug was given to pregnant women in the 1950s and 1960s as a treatment for morning sickness, but was yanked from the market in 1961 after it was linked to birth defects.

Rowe sued three parties: German drugmaker Grunenthal, U.K.-based Distillers Company (Biochemicals) Ltd. — which sold the drug in Australia — and Diageo Scotland Ltd., the successor company to Distillers.

In court on Wednesday, Rowe's lawyer, Peter Gordon, said his client had reached a settlement with Diageo and Distillers while Grunenthal declined to settle.

Exact terms of the settlement were confidential, but Rowe's lawyers said it was several million dollars. The lawsuit asked for compensation for the victims' pain and suffering, lost wages and future medical care.

THE ASSOCIATED PRESS

Human-rights tribunal

B&B ordered to pay for refusing room to gay pair

The owners of a now-closed Christian bed-and-breakfast in British Columbia must pay more than \$4,000 for refusing

a room to a gay couple. Brian Thomas and Shaun Eadie had booked a room at the Riverbend Bed and Breakfast in Grand Forks in June 2009. But their reservation was cancelled shortly after the establishment's owners, Susan and Les Molnar, realized the two men were together.

THE CANADIAN PRESS

South Africa celebrates Mandela's 94th birthday



Two women walk past a mural designed to celebrate former South African president Nelson Mandela's 94th birthday, in Johannesburg on Tuesday.

THEMBA HADEBE/THE ASSOCIATED PRESS

Respect. Divided nation comes together to pay tribute to former leader in song and good deeds

A nation divided between black and white, rich and poor, came together Wednesday to honour Nelson Mandela, the deeply loved statesman who helped bring freedom to South Africa. The good deeds done on Mandela's 94th birthday ranged from building houses to performing free eye-cataract operations.

Education officials estimated nearly 12 million children kicked off celebrations

Appreciating an icon

"Mr. Mandela taught us to love ourselves, to love one another and to love our country."

Archbishop Emeritus Desmond Tutu, on former South African leader Nelson Mandela

in the morning with resounding "Happy Birthday" choruses in schools from well-funded private institutions to barely furnished rooms in villages.

Millions more South Africans joined in from offices, buses, train stations and Mandela Square, set amid the plush skyscrapers and exclusive boutiques of Johannesburg's Sandton City.

Mandela spent the day quietly with family and friends in southeastern Qunu village, according to Sello Hatang, a spokesman for the Nelson Mandela Foundation. An AP Television cameraman caught the venerated leader with a champagne flute in his hand, flanked by his wife, Graca Machel, and former wife Winnie Madikizela-Mandela, before a ribboned two-tiered birthday cake.

Communities in South Africa dedicated 67 minutes of the day to volunteer work and projects for the needy — one minute to mark each of Mandela's 67 years in public service.

THE ASSOCIATED PRESS

Tis' the season to put yourself on a beach.

Book your December vacation now and lock in the lowest price early.*

We've got sunshine covered, throughout the U.S., Mexico and Caribbean, so book your December holiday now and lock in the lowest price early. With WestJet Vacations price guarantee* you can be certain you'll get the best price for your vacation package even if prices drop after you book. That's right, if the identical WestJet Vacations package drops in price, give us a call and we'll refund you the difference.*

For the WestJet Vacations price guarantee book by October 31, 2012 for travel between September 4, 2012 to June 27, 2013.

To book your vacation package visit westjetvacations.com or call your travel agent.



*Offer valid on a minimum 3-night WestJet Vacations booking made between July 15 and October 31, 2012 (11:59 p.m. MT) inclusive for travel from September 4, 2012 until June 27, 2013 inclusive. WestJet Vacations Price Guarantee is valid up to 21 days prior to departure. To qualify, an identical lower priced WestJet Vacations package must be found by the guest. Reimbursement will be granted when guests call 1 877 737 7001 with their booking reference number to notify WestJet Vacations of the lower price while the price is available online. Non-refundable and non-transferable. New bookings only. Not valid on group bookings. WestJet reserves the right to amend or discontinue the offer at any time. For full offer details please visit westjetvacations.com.

Hawaii • Florida • Jamaica • Dominican Republic • Turks and Caicos • Cuba • Bahamas • Mexico • St. Martin/St. Maarten • Plus many more.



Pauline Kadjuk, 1, is carried in a Amautik parka by her mother Brittany Ikulik at the Northern store in the small town of Baker Lake, Nunavut, in this March 2009 file photo. NATHAN DENETTE/THE CANADIAN PRESS

Inuit kids more likely to face death: Report

Nunangat. Statistics point to one of the biggest public-health problems of the North, experts say

A new study paints a bleak picture of life — and death — among children and teenagers living in the Inuit Nunangat, the four Arctic regions that make up the Inuit homelands.

Children and teens growing up in the Nunangat are roughly five times more likely to die than their counterparts in the rest of Canada.

They are 11 times more likely to succumb to an infectious or parasitic disease and twice as likely to be killed by a non-communicable one. Their risk of dying from an injury is nearly 11 times higher than children and teenagers in the rest of

the country.

But the biggest driver behind the staggeringly higher death rate among Inuit children and teens is suicide.

The report, from Statistics Canada's health analysis division, found that the suicide rate among children and teens in the Inuit homelands was 30 times that of youth in the rest of Canada during the five-year period from 2004 to 2008.

THE CANADIAN PRESS

Henderickx's nofrills
lower food prices
nofrills.ca

88¢ SALE

Hot Stuffs
200 g
selected varieties, frozen

188¢
\$4.14/kg
lb

fresh chicken drums or thighs
bone in, skin on Club Pack®
SAVE 95¢/lb
or pork side ribs
cryovac package **SAVE \$1.81/lb**

88¢

Hot Stuffs
200 g
selected varieties, frozen

188¢
SAVE 85¢

Fruitopia beverages
2.63 L
selected varieties, refrigerated

388¢
SAVE \$4.11

Tetley Orange Pekoe Tea
144's

Prices effective from Friday, July 20 to Thursday, July 26, 2012

1226 Place D'Orleans Dr. (across from Place D'Orleans mall)

pride of Canada

THAT'S THE POWER OF
WIND™

THIS IS THE BIG SCREEN
UNTIL THE MOVIE STARTS.



HUAWEI : \$49
ASCEND P1 on WINDtab™

- + Android™ 4.0 from Google
- + 4.3" Super AMOLED HD screen
- + 8MP high quality camera
- + Super slim 7.69mm body

GET 2 FREE
MOVIE TICKETS FOR
THE EXPENDABLES 2
WITH EACH NEW
PHONE ACTIVATION.
WHILE SUPPLIES LAST.

5000 PHONES AVAILABLE.



WINDmobile.ca



LIONSGATE
© 2012 LIONSGATE ENTERTAINMENT INC. ALL RIGHTS RESERVED.



crocs™

BUY 1, GET 1 PAIR
FREE*

WOMEN'S & KIDS' REG. PRICED
CROCS® FOOTWEAR
SEARS REG. 29.99 - 54.99



Sears®

OFFER IN EFFECT FRIDAY, JULY 20 TO SUNDAY, JULY 22, 2012,
while quantities last, selection varies by store.

*Second pair must be of equal or lesser value and must accompany any returns.

NE073G212 © 2012, Sears Canada Inc.



Alleged Hungarian war criminal Laszlo Csatory leaves the Budapest prosecutor's office. BEA KALLOS/THE ASSOCIATED PRESS

Hungarian man charged with Holocaust crimes

Laszlo Csatory. He was chief of an internment camp at Kosice, from where 12,000 Jews were deported to Nazi death camps

A 97-year-old Hungarian man suspected of abusing Jews and helping deport thousands of Jews during the Holocaust was taken into custody Wednesday, questioned and charged with war crimes, prosecutors said.

The case of Laszlo Csatory was brought to the attention of Hungarian authorities last year by the Simon Wiesenthal

Horrific allegations

"Think of a man who at the height of his physical powers devoted all his energy to murdering ... innocent men, women and children."

Efraim Zuroff, director of the Simon Wiesenthal Center's Jerusalem office

Center, a Jewish organization active in hunting down Nazis who have yet to be brought to justice.

In April, Csatory topped the organization's list of most-wanted Nazi war criminals.

Prosecutors decided to

charge Csatory with the "unlawful torture of human beings," a war crime that carries a maximum sentence of life in prison.

Csatory's lawyer, Gabor Horvath B., said that a judge, acting on a request from prosecutors, ordered his client to be confined to house arrest for a maximum of 30 days. Horvath B. said he had appealed the ruling, which also opened the way for authorities to confiscate Csatory's passport.

In May 1944, Csatory was named chief of an internment camp at a Kosice brick factory from where 12,000 Jews were deported to death camps.

THE ASSOCIATED PRESS

Ukraine

Homophobia and violence increase

Homophobic sentiment and violence against Ukraine's gay community are on the rise despite increasing efforts to promote tolerance in the conservative ex-Communist nation, advocacy groups said Wednesday.

The community was forced to cancel its first ever gay pride parade in Kyiv, in May, due to concerns activists would be physically attacked by radicals.

After the cancellation, two gay leaders were beaten. **THE ASSOCIATED PRESS**

Germany. Threatened by militant Islamists, far right: Intelligence report

Germany faces a growing threat from militant Islamists and far-right fringe groups, including small extremist cells and lone-wolf operators, top security officials said Wednesday.

A report by Germany's domestic intelligence agency puts the number of Salafi Muslims in the country at 3,800 last year, with a small number of those prepared to use violence to achieve their aims.

It is the first time the agency has counted the num-

ber of German-based Salafists, a religious movement that adheres to a strict interpretation of Islam and that has attracted young Muslims as well as recent converts.

The wider number of Muslims with extremist views is estimated at more than 38,000, according to the report.

"Our focus remains on Islamist terrorism," Heinz Fromm, the head of the Federal Office for the Protection of the Constitution, told reporters in Berlin.

THE ASSOCIATED PRESS

Funding cuts to lower cable and satellite bills

Broadcasting. The CRTC is phasing out a local programming fund aimed at helping stations during the 2008 recession

Cable and satellite bills will be shrinking a little bit as the CRTC begins to phase out a special fund designed to boost local programming.

The Canadian Radio-television and Telecommunications Commission issued a decision Wednesday, saying that the Local Programming Improvement Fund will be phased out over the next two years. It was introduced during the 2008 recession to help conventional stations operating in non-metropolitan areas.

Many cable and satellite providers passed along the 1.5

Upcoming cuts

Beginning Sept. 1, required contributions will be cut to one per cent of gross broadcasting revenue, and on Sept. 1, 2013, the fee will be cut to 0.5 per cent of gross broadcasting revenue.

- By Sept. 1, 2014, the fund will be discontinued.

per cent fee of the recurring monthly bill to consumers, and the CRTC says they can expect a corresponding reduction in their cable or satellite bills as the fee is phased out.

In 2010, 78 stations received funding totalling \$100 million. In 2011 80 stations received \$106 million.

"The fund was created to ensure television stations had the resources to meet Canadians' needs for local programming.

We are satisfied with the support it has provided during a difficult economic period," said Leonard Katz, CRTC's vice-chairman of telecommunications and chair of the hearing panel.

The CRTC said the financial situation of these broadcasters has improved due to a recovery in the advertising sector as well as a successful transition to digital television. It said it was confident that these stations will maintain the same quality of programming without support from the fund.

Cable and satellite companies must prepare a report by Sept. 17, outlining the measures taken to ensure that the bills of affected consumers will reflect these reductions, and they must also provide evidence that consumers have been notified or that they were never required to pay the contribution.

TORSTAR NEWS SERVICE



Mark Carney, governor of the Bank of Canada, holds a press conference at the National Press Theatre in Ottawa on Wednesday to discuss the contents of the Monetary Policy Report. SEAN KILPATRICK/THE CANADIAN PRESS

Carney says he'll help reform LIBOR system amid rigging scandal

Mark Carney says he intends to use his position as head of the international Financial Stability Board to take up the issue of reforming the scandal-plagued interbank-lending system at the earliest opportunity.

The Canadian central banker said Wednesday he's already exchanged views with his counterparts in the world's leading economies and plans to discuss possible reforms in September, when FSB officials next meet. Carney said he and U.S. counterpart Ben Bernanke agree that LIBOR, the London interbank offered rate — which

sets terms under which banks lend each other funds and influences other interest rates — is structurally flawed.

"The facts that have emerged around the LIBOR situation are deeply troubling," he told reporters in Ottawa in his first public comments since the scandal over rate-rigging broke this spring.

LIBOR has been discredited recently by evidence that some of the banks that set the benchmark have provided false information in order to support their positions as far back as 2008. THE CANADIAN PRESS

StatsCan

Chinese coming to visit more often

Statistics Canada says fewer people travelled to and from Canada in May compared to travel in April.

Canadian residents made 5.3 million trips abroad that month, mostly to the U.S., but that's 1.7 per cent fewer trips than in April. However, Chinese visitors to Canada rose to 24,000 trips, a 3.4 per cent increase. Statistics Canada reports that China has overtaken Australia as the fourth-largest overseas market for Canada behind the U.K., France and Germany. THE CANADIAN PRESS

Market Minute

DOLLAR
98.94¢ US (+0.18¢)

TSX
11,579.15 (+7.96)

OIL
\$89.87 US (+65¢)

GOLD
\$1,570.80 US (-\$18.70)

Natural gas: \$2.973 US (+17.7¢)
Dow Jones: 12,908.7 (+103.16)

The future is in e-retailers: Report



Big-box retailers are starting to feel the heat from online retailers like Amazon, concludes a new report on the future of retail. MATT CARDY/GETTY IMAGES FILE

The future of retail is in the palm of your hand.

"Big box retailers like Best Buy and Walmart are starting to feel the heat as sales decline in the face of stiffer competition from e-retailers like Amazon," declares the third annual Future of Retail report from trend-watchers PSFK.

"Showrooming is the new reality."

Meaning, explains PSFK founder and president Piers Fawkes, customers are already using their mobile phones to shop and retailers have to stop fighting and join in.

"There's a great opportu-

ity to provide personal service," says Fawkes. "Technology is pretty cheap compared with the proprietary systems of the past."

The future, then, lies in combing that mobile, roving database customers are carrying with brick-and-mortar shopping.

Fawkes uses the example of trying to find a jacket online.

Currently he has to rifle through 100,000 jackets he doesn't want first. Soon, retailers will know how to show him two or three that meet all his criteria.

TORSTAR NEWS SERVICE

Canada's

National Notary Public

Company

Mobile Notary

Certified True Copies

E-Document Certification

Notarization & Commissioners of Oaths

Affidavits

Visa & Passport Processing

RedSeal Notary.com

Notarization & Legalization

Over 100 Locations Across Canada



Scan and Save



Fingerprinting

Background Checks

Land Title Searches

Authentication & Legalization (Apostille)

Consent to Travel

1-888 922-7325

YOU COULD WIN* A RETURN FLIGHT FOR 2 TO NEW YORK CITY VIA LAGUARDIA AIRPORT WITH WESTJET

Multiple flights daily!
Land just 15 kms from downtown Manhattan.

To register visit
clubmetro.com

WESTJET

*No purchase necessary. Terms and conditions apply. For full contest details and terms and conditions, visit clubmetro.com

VISIT clubmetro.com TO ENTER

LIFE SUCKS AND THEN YOU DIET



HE SAYS...
John Mazerolle
metronews.ca/hesays

lost, like when the emperor in the Star Wars prequels turned out to be evil.

But I'm convinced it's true.

As an in-depth researcher of societal trends (I read Google News), I've noticed that a new weight-loss drug or diet plan or study is released almost every day.

The drug is usually approved by the authorities, but has a list of side effects as long and painful to read as Atlas Shrugged.

This is hard to swallow, but I think the weight-loss industry may have some ethical problems.

I know. It's one of those instances where our illusions are shattered and our innocence is

lost, like when the emperor in the Star Wars prequels turned out to be evil.

But I'm convinced it's true.

As an in-depth researcher of societal trends (I read Google News), I've noticed that a new weight-loss drug or diet plan or study is released almost every day.

The drug is usually approved by the authorities, but has a list of side effects as long and painful to read as Atlas Shrugged.

And the diet plan, even if it works, usually charges you to do something you could do on your own ("Order our Triple-A 'Activity Addition Abacus' for only \$19.95!").

What makes it worse is all the self-evident studies. Either it's a "positive" study showing, for instance, that running a marathon is linked to looking good in shorts, or it's a "negative" study that shows, say, a possible connection between heart disease and freebasing gravy.

The upshot is, we all know

losing weight is hard, but we also know the proper way to deal with it.

I am, of course, talking about the only solution: Mazerolle-Brand Diet Products! Yes! With my unique line of inexpensive weight-loss tools, people will be asking if you've been recently ill or your money back.

My products:

- **The Diet Diary:** New findings suggest that the best way to lose weight is to keep a food diary. But what does it say about your self-esteem if you scratch out your meals on some random piece of paper? If you care about yourself, you'll buy my handsome pleather-bound Duo-Tang, complete with example entries to get you started: "Dear Diary, I like bacon sooo much. 'Like' like! But does bacon even know I exist?"
- **The Self-Dismemberment Diet:** Also known as SDD, is a quick and easy plan to lose weight. Would you give your right arm to lose weight? Then do it! Worried about side effects? Remove a side! To help stop the bleeding, order a Mazerolle Diet Plan Tourniquet.
- **Bachelor's Package:** This is the linchpin. You'll learn my own personal tricks for staying thin, such as losing your debit card on the weekend, or reminding yourself that if you cook it will mean doing dishes. Also, I lost 20 pounds (really) when the Boston Bruins made their 2011 Stanley Cup run, mostly due to stress. So cheer on a successful team. (WARNING: If you are waiting on a Canadian NHL team, you will balloon to 400 pounds.)

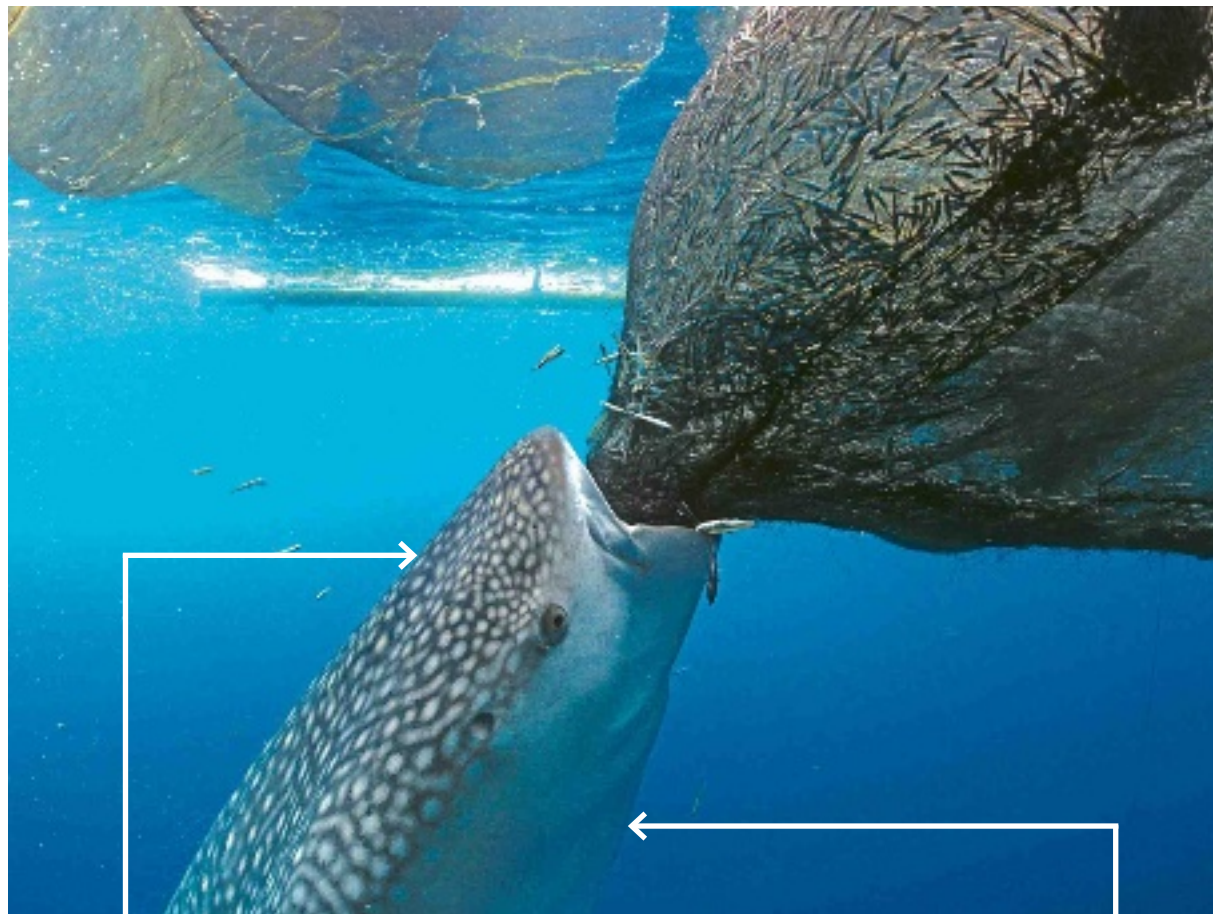
And those are my completely ethical weight-loss products. I hope you find them helpful.

One parting tip is to remember that dieting is still about eating, not starving yourself. When I get peckish, I feel free to open the fridge and treat myself to whatever's in there — usually a box of baking soda and a jar of capers. If that doesn't help you lose weight, nothing will.



Don't weight until it's too late to push back the scale. ISTOCK

Shark is having a whale of a time



MARK ERDMANN/CONSERVATION INTERNATIONAL

Wildlife expedition

Whale-shark food feast goes viral

Divers caught a rare scene of the world's largest fish, the whale shark, sucking silverside bait fish out of a fisher's net.

The video footage taken by environmental group Conservation International (CI) in Indonesia's Cenderawasih Bay has become a viral hit since it was uploaded on YouTube last month, amassing more than 1.3 million hits.

METRO

Biologist's view



"The interest this video has gotten on the Internet is amazing

and it underscores the need for these types of expeditions to further knowledge of whale sharks."

Dr. Mark Erdmann, marine biologist and senior advisor to CI-Indonesia's marine program

Quite the appetite

- **Purpose of expedition.** To inject whale sharks with pill-sized transmitters, which serve as a unique, permanent "ID card" to monitor animals' behaviour and history.

- **Diet.** Whale sharks, the largest species of fish in the ocean, can eat up to 2.6 tons of plankton and small fish per day. Whale sharks are "filter feeders": They jut out their jaws and passively filter food into their mouth.

Adding it up

15

metres is the top length of a whale shark — as long as a common yellow school bus. On this expedition, a total of 30 individuals were successfully tagged.

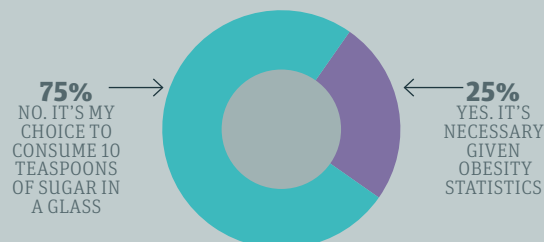
Go to metronews.ca ...

- ... to see a video of the shark devouring its lunch and watch scientists free it after it gets caught in the net!



Register at metropolitanpanel.ca and take the quick poll

Do you think sugary drinks should be banned in restaurants?



Twitter

@Demoness69: #forestfires #ottnews Leitrim near old train tracks!

#womenshockey

@NikMaack: RT @meghan_hurley: Ottawa police quote of the day: "Guns and drugs are like cookies and cream." #ottnews

@PeterDudley: Heading home (w/our luggage). Going to take a hot bath before tackling the laundry. #Ottawa #travel

@Deester: @TheAngryBeavers are the craziest womens hockey team in #canada and they are from right here in #ottawa They be fierce

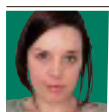
@yowflir: Shawn Atleo wins third ballot vote to stay on as national chief of the Assembly of First Nations. #cdnpoli



The Rideau Valley Roller Girls COURTESY RVRG

Local roller derby league helps mold rules of sport internationally

Rideau Valley Roller Girls. Competitive, volunteer-run league now has internationally recognized roller derby member status



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

"There aren't a lot of sports where you're encouraged to unleash your anger, especially as a woman," proclaims Natalie Campbell, aka Drunk Brewster, one of 11 founding members of the Rideau Valley Roller Girls.

Sporting her quasi-name-

sake's token pigtails, Campbell exemplifies the sport's rough-and-tumble nature with her no-holds-barred attitude.

Created in 2008, the RVRG is a competitive, non-profit, volunteer-run, women's flat track roller derby league. It's made up of three teams — Riot Squad and Slaughter Daughters, the home teams, and a travel squad, the Rideau Valley Vixens. There is also a group of non-team members, called the Murder Dolls, who take part in practices and events.

But the ladies of the RVRG aren't just fierce competitors; they're also helping to shape the sport as a whole.

After incorporating as a not-for-profit league, the RVRG applied for and recently received full-member status

with the international governing body for roller derby, the Women's Flat Track Derby Association (WFTDA).

"We just got status this year, which is a big accomplishment for us. It was about a year-and-a-half long process," Campbell explains. "We're pretty happy that we're finally able to legitimize the level of competitiveness that our league represents."

There are over 150 full-member leagues and dozens of apprentice leagues within the WFTDA representing countries all over the world, including the United States, England and Australia.

All roller derby leagues under the association's umbrella play by the same rules. Now that they have achieved full-member status, the RVRG

have voting rights when it comes to the rules of the game.

"Roller derby is still a sport in development," says Campbell. "But, we now have a say in where the sport goes and what the rules are because it's not something that is built by other people for the purposes of entertainment — it's what we created. We're kind of directing where roller derby as a sport is going."

But where exactly that is, Campbell admits, no one really knows right now.

"I meet people every single day who have never heard of roller derby. It's a fringe sport; it's always going to be a fringe sport," she says. "Some people think it's a fad, but it really hasn't even caught on yet."

Four-Wheel Fury

Catch two games of competitive roller derby this weekend. The Slaughter Daughters will take on Kitchener's Venus Fly Tramps while Riot Squad faces off against Kingston's Disloyalists.

- **When.** Saturday at 6:30 p.m.
- **Where.** Barbara Ann Scott Arena (2250 Torquay Ave.).
- **Price.** Tickets are \$15 at the door.

2

SCENE

Scene in brief

The award goes to...

The first time Kathleen Edwards was shortlisted for the Polaris Music Prize back in 2008, she didn't know much about the award. But it's a sign of how much the \$30,000 prize's profile has grown over the past four years that the Ottawa singer/songwriter felt very differently when she was nominated for a second time on Tuesday. She joined an eclectic 10-artist short list that also includes Toronto rapper Drake, Vancouver rock duo Japandroids and Calgary-reared songstress Feist. The Polaris Music Prize — awarded to the top Canadian album of the year based strictly on merit and not sales — is voted on by 200-plus music journalists, bloggers and broadcasters.

THE CANADIAN PRESS

On the web



Walmart in Kodiak, Alaska, gets most 'likes,' wins personal appearance by rapper Pitbull

Dr. Bruce W Beehler
B.Sc., D.D.S.

DOWNTOWN

PERMA Smile!
DENTISTRY@SLATER

300 Slater Street Suite 107
Ottawa, ON K1P 6A6

613-695-9551
permasmile.ca

invisalign

AFFORDABLE

Dr. Bruce W Beehler
B.Sc., D.D.S.

WESTEND

CROSSING BRIDGE
FAMILY DENTISTRY

1250 Main Street, Suite C14
Strittsville, ON K2S 1S9

613-435-4340
crossingbridgefamilydentistry.com

BEFORE AFTER

"RESULTS YOU CAN SMILE ABOUT!"

Walk Off the Earth parlays YouTube celebrity into a full-length album

Gainful gimmick.

Band who covered Gotye's single on one guitar promises their music will stay fun — despite record deal

PAT
HEALY

Metro World News in Boston

If you're among the 127 million people who have seen Walk Off the Earth cover Gotye's mega-popular single with one shared guitar, you know that these five Canadians are all about innovation. So it's no surprise then that the band was able to leverage their YouTube popularity for an album that will be out in the fall. Though the album will comprise almost all original material (don't worry, the Gotye song will be on there), singer Sarah Nicole Blackwood says that the major label deal won't change



Walk Off the Earth's cover of Somebody that I Used to Know on one shared guitar was a YouTube sensation. SUPPLIED

their fun approach to music.

With the very notable exception of the Somebody That I Used to Know clip, there are so many different

instruments in your videos. Do you bring all of them on tour?

Yeah, we totally do. Our crew hates us, actually. Not only do we bring them but we throw

them at them throughout the show.

You're the only one who's playing regular guitar there, plucking strings and fret-

ting, right?

Yeah. I mean Gianni [Luminati Nicassio] is doing the same thing, kind of soloing away, [Ryan] Marshall's got the bass line, Joel [Cassady] is playing

drums and then Beard Guy's playing the clanky noise.

You really call him Beard Guy?

Yeah, we actually call him Beard Guy. Well, in the band. ... He's always had his beard. He just looked really cool when we were doing takes for the video. As we shoot a video it's really cool how each character will develop pretty much right away, so we were watching some of the takes that we had done and we were just like, "Dude, you look cool just staring off to the side like that, just do that." And that kind of became his character. But we actually do like — when we talk to him, instead of saying "[Mike] Taylor," we'll be like, "Hey Beard!"

How long does it typically take to do one of these videos?

A long time. Most of our videos are one take, which is — it takes a long time to shoot but it takes a short period of time to edit, which is a lot nicer.

Sponsored by
Red Bull, Budweiser, Caribee

Carnival Obsession

EVERY FRIDAY OBSESSION

1575 St. Laurent Blvd. Ottawa • 613-828-0506 • myobsession.ca
Dining Room opens @ 7pm • Carnival starts @ 9pm • Ladies no cover till midnight

Gus's

Kitchen & Bath

GUARANTEED LOWEST PRICES ON SOLID WOOD VANITIES

RENOVATION SPECIALS!

1000 Gram Dual Flush Toilet
SALE PRICE: **\$295**
LIST: \$395
1 PIECE TOILET - HIGHEST MAP TEST RATING
INSULATED TANK - 6/3 LITER FLUSH
SOFTCLOSE SEAT INCLUDED
Valid until July 31, 2012

39" Espresso vanity and top
CLEARANCE PRICE: **\$295**
LIST: \$395
SOLID WOOD VANITY
PORCELAIN VESSEL INCLUDED
SOFT CLOSE HINGES
FAUCET NOT INCLUDED
WHILE SUPPLIES LAST!
Valid until July 31, 2012

36" Complete Shower House
SALE PRICE: **\$795**
LIST: \$1295
36"x36" CORNER UNIT - ACRYLIC WALL AND
BASE TEMPERED GLASS DOORS - INCLUDES
3-MIX VALVE, HANDSPRAY, RAINSHOWER
AND ROOFTOPS - LIFETIME WARRANTY ON VALVE
AND INVERTER - ALSO AVAILABLE IN
41"x41" MODEL FOR \$995
Valid until July 31, 2012

Athens Freestanding Tub
SALE PRICE: **\$795**
LIST: \$1295
67" X 31"
HIGH GRADE ACRYLIC
FINISH - INCLUDES DRAIN
WITH WASTE AND
OVERFLOW
Valid until July 31, 2012

MANY MORE IN-STORE SPECIALS!

STORE HOURS: MON & FRI: 9AM-8PM • TUE-THU: 9AM-5:30PM • SAT: 10AM-6PM • SUN: NOON-6PM
2183 CARLING AVENUE AT WOODROFFE 613-828-2284
www.guskitchenandbath.com

Now,
Supercharge
Your Skin.

New, Perfectionist CP+R

Fast. Effective. The first anti-wrinkle serum from Estée Lauder supercharged with breakthrough CPR-75 Technology. Instantly, skin feels smoother, looks fresher, younger. In just 4 weeks, 96% showed a significant reduction in the look of lines and wrinkles.

30 ml **\$78**
50 ml **\$110**

Discover the latest breakthrough in a deluxe 7-day supply.
Plus, get trials of Advanced Night Repair and your custom moisturizer partner.

In store: Visit Estée Lauder counters everywhere July 19 - 21 for your **FREE** trio.
No purchase necessary. Offers good while supplies last.



ESTÉE LAUDER

Sears 

NE073C112 © 2012. Sears Canada Inc.

"THE DANISH
DESTROYER"

The perfect book to calm your nerves: Monkey Mind

License to panic. Writer exposes his agonizing struggle with anxiety to demonstrate the ubiquity of it in our lives

GINA
ANGELOTTI
Metro World News in New York

Following basic introductions during a phone interview, whether or not the person on the other end of the line can detect your voice quivering, it's not becoming to admit that you're nervously pulling your hair out. That is, unless you're talking to Daniel Smith.

Reassuringly, the author recalls a similar experience, pitching to publishers his memoir about anxiety, *Monkey Mind*. It occurred to him then that having written about the disorder gave him license to panic, to be comfortable in his own sweat-soaked skin. "Now I can just come right out and say it," Smith boisterously exclaims. "Not only do I not have to hide it, but I should tell (people)! I should have thought about this years ago."

In *Monkey Mind*, Smith divulges adolescent traumas and subsequently, the pivotal attacks and everyday pangs of anxiety. Through trial and error after error, he learns to mitigate them, finding comic relief along the way. He recounts, for example, discovering that maxi-pads best trap armpit sweat, second only to Botox injections. To unabashedly laugh out loud or cry — or both — at Smith's naked confessions is inevitable and apropos. "I'm easily embarrassed and self-critical, but not easily shamed," he insists, adding that he exposed his own agonizing struggle with anxiety in order to show the ubiquity of it. "There's no one who hasn't experienced anxiety in one form or another. Built into the project is the idea of universality."

According to Smith, anxiety differs from fear in that the former is the looming, unpleasant feeling brought on by the latter. Chronically anxious people are acutely aware of themselves and what triggers those feelings to arise within.

"Anxiety is self-centeredness," he says, speaking slowly now, with a sudden equanimity. "It's not narcissism because narcissism is self-love. The word I love is solipsism, which means a locked-in syndrome, an obsession with what's inside your own head and how the world comes at you."



Monkey Mind author Daniel Smith has discovered that maxi-pads best trap armpit sweat — only second to Botox injections. PHOTO: TYLER MARONEY

Although he says he hasn't found writing in general or about anxiety in particular to be therapeutic, Smith does offer suggestions for how to combat restlessness beyond momentary stopgap measures like drinking, taking a pill or even orgasms.

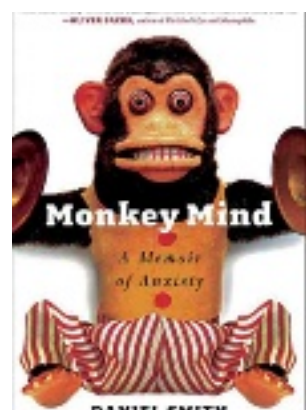
"I'm not convinced that (anxiety) can be cured or even that it would be desirable to be cured," he says, conceding that the only effective disciplines to have eased his worried mind are meditation and Cognitive Behavioral Therapy (CBT).

The Buddhist meditative technique of training oneself to see that thoughts often rise and fall away is useful, he says, "because it turns you away from self-absorption, ironically, because while meditating you're looking only at yourself." Smith draws comparisons between Buddhism and psychotherapy insofar as that both emphasize awareness. "CBT takes the statements that otherwise the mind considers assumptions and jumps straight to anxiety and catastrophe and questions them." Whereas Buddhism advises letting go of uncontrollable thoughts, "CBT asks you to scrutinize them."

For Smith, with consistency and practice, these methodologies ultimately don't conflict with each other. "It's all about day after day fighting the good fight against your wormy, screwed up habits of mind."

But he resigns that falling off the wagon and back into anxious patterns is easy to do.

"You have thought a certain way for years," he says. "Nothing is going to be able to train you out of that completely because the circuits are there."



Chris Colfer finds 'glee' in penning children's stories



Glee star Chris Colfer has written a book called *The Land of Stories*. EVAN AGOSTINI/THE ASSOCIATED PRESS

Childhood dream. Star of hit TV series turned his boyhood questions into a novel that's now in stores

Glee star Chris Colfer says his favourite childhood memories are going to the book store at midnight to get the next Harry Potter book.

He recalled in a recent interview, "just being there with everyone happy and dressed up, and those were just really happy moments for me."

It makes sense then that the 22-year-old would want to contribute to that world. He's written his own children's novel called *The*

Land of Stories, which is now in stores.

The book is about twins Connor and Alex, who find themselves sucked into their favourite book of fairy tales, suddenly face-to-face with the characters they grew up reading about.

Colfer said he came up with the idea as an inquisitive child who questioned the fairytales his mother would read to him.

"I used to ask, 'Mommy, who's the man in the mirror? Why's he talking to the evil queen? Why's she so evil? Why does she hate Snow White so much?'"

"I just tried to clarify the questions that I had as a kid," he said.

If the book were adapted into a movie he would love for Meryl Streep to play the

various fairy tale characters.

"I think ultimately I would love to see Meryl Streep play every role just because I think, 'Who would not want to go see that movie? Who would not want to go see Meryl Streep playing The Big Bad Wolf or Red Riding Hood?' I mean it would be great."

Colfer said he wrote the book last summer during the Glee world tour.

"I was writing constantly in my hotel room and under the stage during performances even, and I'd be singing, I Want to Hold Your Hand and I'd think of something really witty for Connor to say. Had to run downstairs to the changing booth, type it into my computer, run off and do Single Ladies in leotard. It was an interesting summer."

I don't think I've mentally recovered from that time."

There's already a deal to write a sequel to *The Land of Stories* where Alex and Connor will be older.

He also has written a screenplay for a psychological drama movie that he hopes to star in, and he adapted a pilot for the Disney Channel based on Florence Laughlin's children's book *The Little Leftover Witch*.

THE ASSOCIATED PRESS

"GOLDEN
BOY"



VS.

2012
LCBO BREWMASTERS CUP

WILL THE PHEASANT TAKE FLIGHT AND LEAVE THE DANE IN THE DUST?

The power rests in your hands to decide which beer will reign supreme. **Cast your vote at brewmasterscup.com**

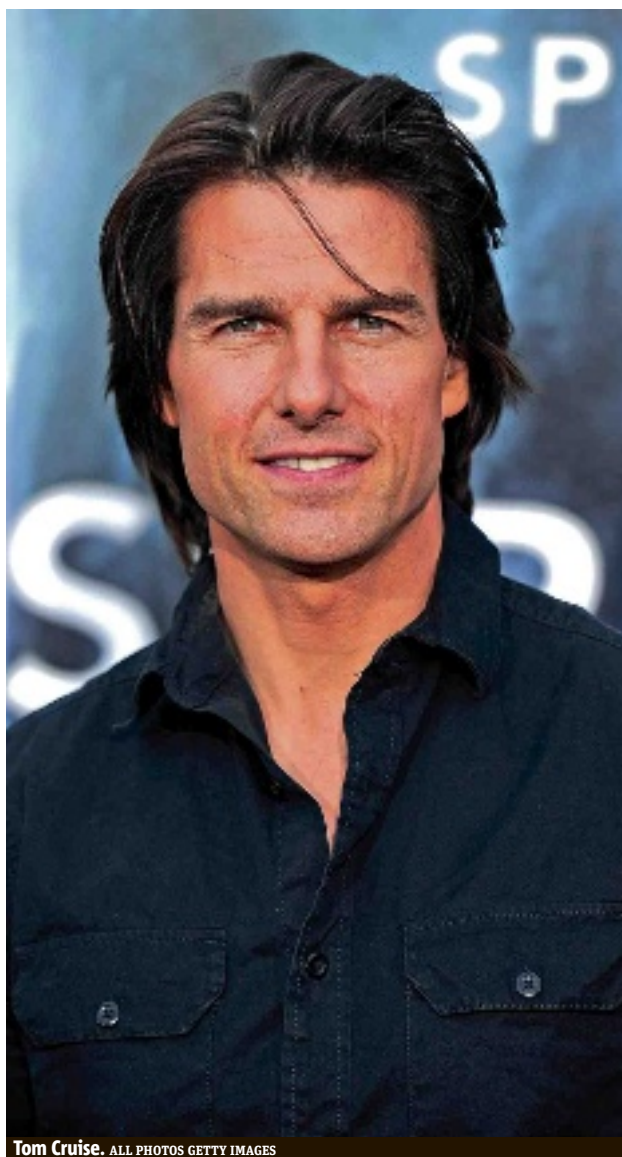
WITH 418 CHOICES FROM 39 COUNTRIES, THIS SUMMER, THE LCBO IS YOUR BEER HEADQUARTERS.



Must be legal drinking age.



COPENHAGEN
1847



Tom Cruise. ALL PHOTOS GETTY IMAGES

Tom Cruise gets first visit with Suri since divorce

Tom Cruise had his first visit with daughter Suri since he finalized his divorce settlement with Katie Holmes, according to Us Weekly.

The actor flew overnight from the California set of Oblivion to spend time with the six-year-old in New York, where paparazzi spotted Cruise carrying Suri around, her head buried in his shoulder.

"Katie wants to make sure the visits are in the

Quote

"Katie wants to make sure the visits are in the context of him being a parent figure." Source

context of him being a parent figure," a source recently told the magazine. "He adores Suri, but now he's afraid he won't be able to have a close relationship with her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Limbaugh trying to get a rise out of Dark Knight fans

THE WORD
Monica Weymouth
scene@metronews.ca

Rush Limbaugh is like a cat on a diet — it's best to ignore his constant whining and pawing until it's truly impossible to read the paper in peace.

Unfortunately, today is one of those days, so you'll have to excuse us as we tune in to his thoughts on The Dark Knight Rises.

On his Tuesday radio show, Limbaugh laid out an impressive conspiracy theory, even for him: The villain of the latest Batman flick is named Bane, which he believes is a reference to the venture capital firm presumptive Republican presidential candidate Mitt Romney worked for. Take it away, Rush.

"Do you think that it is accidental that the name of the really vicious fire-

breathing, four-eyed whatever in this movie is named Bane?" he asked. "A lot of people are going to see the movie — and it's a lot of brain-dead people, entertainment, the pop-culture crowd — and they're going to hear Bane in the movie and they're going to associate Bain. The thought is that when they start paying attention to the campaign later in the year, and Obama and the Democrats keep talking about Bain, Romney and Bain, that these people will think back to the Batman movie — 'Oh, yeah, I know who that is.'"

Rush, we're going to excuse the "brain-dead" comment in the hope that it's a zombie reference — we mindless pop-culture people like our zombies.

But we also have to point out that the character of Bane first surfaced in the 1993 comic and also appeared in the 1997 film Batman & Robin.

Now, as for Heath Ledger's spectacularly, award-winningly deranged Joker? We can't promise there wasn't a little GOP inspiration there.



Jennifer Lopez

Lopez looked through Casper when they first met

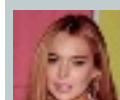
In his first public comments about his relationship with Jennifer Lopez, Casper Smart admits he didn't see fireworks the first time they met.

"I don't think it was for either of us," Smart

says when asked by Good Morning America if it was love at first sight for him and Lopez.

"It was just very natural how it happened. There was nothing before, no flirting, nothing."

Twitter



@lindsaylohan

its interesting to orchestrate a sex scene w/forks & spoons



@channingtatum

I think all thongs are "interestingly" uncomfortable and hilarious.



@BrettRatner

Who knows where I can buy this round sauna with a window for my house?



@normmacdonald

A dingo punched my son in the face for not doing his homework.

Spend
YOUR
POINTS
EVENT!

SATURDAY, JULY 21 & SUNDAY, JULY 22

SPEND
50,000 POINTS
AND GET UP TO

\$100 OFF*

THAT'S
AN EXTRA
\$15

SPEND
95,000 POINTS
AND GET UP TO

\$200 OFF*

THAT'S
AN EXTRA
\$30

FREE
feels good™



Visit shoppersdrugmart.ca or the store nearest you for details.
*Some conditions may apply. See store for details. Offer valid Saturday, July 21 and Sunday, July 22, 2012 only.

**SHOPPERS
DRUG MART**



Licence to kill... in style

New Bond film Skyfall marks 50 years of girls, gadgets and 007 charm. Here, the film's costume designer Jany Temime talks tight trunks and getting up close and personal with Daniel Craig's 'perfect body'

RICHARD PECKETT
life@metronews.ca

Since James Bond first hit the screen in 1962's Dr. No, 007 has been privy to a bevy of top tailors and international designers. The latest is Jany Temime, costume designer of this fall's Skyfall — and long-time Harry Potter costumer. She's charged with bringing

Bond into 2012 while respecting his legacy.

"James Bond is such an iconic figure, so in one way you have to modernize it, but on the other side you have to respect people's expectations," she tells Metro.

Daniel Craig is the sixth Bond to step into the breach and puts his body on the line for Queen and Country with the good fortune of having Tom Ford's tailoring as his body armor of choice. "We decided to settle for something very body-conscious in muted colors like soft blues and grays. First, he has a lovely body," she says, with a laugh, "so it was quite interesting to use it and second, it helps to follow all his movements."

The French-born designer assures me that she took inspiration from the '60s, with a nod to the first Bond played by Sean Connery. "It has a modernized '60s al-



Tight tailoring and a fixed glare, ready for action SONY

lure but not boxy like a suit from that era. The suit has narrow lapels, high-waisted, tight trousers that just break on the shoes and cut in lightweight fabrics such as fine wool and mohair."

Body-skimming tailoring

is one asset that Bond has never been shy of bearing all for the camera — and we'll see his legs in this installment.

"His light blue shorts, they're very iconic of Bond and why not? Daniel Craig

has the body to use them," she lets slip. When asked if they're similar to Connery's Dr. No trunks, she responds, "Well, let's just say that the shape and the colour could be similar. I'm not allowed to tell you that, I suppose!"

Designing 007

Designing 007: 50 Years of Bond Style, a new exhibit in London, features the looks of Bond past, including:

Matchy-matchy Bond girls



Dr. No and Die Another Day.

Gadgets and gizmos

Jaws' Teeth: Moonraker & The Spy Who Loved Me



The Golden Gun: The Man With The Golden Gun

3

LIFE

Fashion Flash

Gaga bares bod for fragrance

Lady Gaga has revealed her body yet again in an advert for her first fragrance Lady Gaga Fame. The ad campaign, shot by world-famous fashion photographer Steven Klein, features a reclining nude Gaga wearing a black mask as she holds the gold-topped fragrance bottle in an outstretched hand.

METRO WORLD NEWS

On the Web



The high-tech swimsuits of the last Summer Olympics have been banned, but Canada's swimmers say it's still an adventure squeezing into their tight racing suits. Scan the code to watch the video.



dermisadvancedskincare.com

Specializing in
Vein Therapy and
Laser Hair Removal

UP TO
20% OFF



exclusively at

dermis
ADVANCED SKIN CARE

Pure advanced skin care is all we do

PACKAGE DISCOUNTS AVAILABLE

DOWNTOWN OTTAWA
116 Albert St. | 613.233.7546



ORLEANS
3712 Innes Rd. | 613.854.3376



How boys of summer keep their cool

Suiting up in the sun. Prints and pocket squares colour men's formal wear

While heavy sportcoats and wool pullovers have been tucked away amid sweltering temperatures, men don't have to shelve good style as the thermostat climbs — particularly as they head out to formal events.

Men unsure of what to wear to a summer wedding should take their cues from the groom, noted Walter Dimini, divisional merchandise manager for dresswear at Tip Top Tailors.

"If the groom is wearing shorts, obviously, it's OK to wear shorts. It could be short sleeves, it doesn't have to be a long sleeve. It really depends on the flavour of the wedding or the tone being set by the bride and groom."

For a stylish but more casual option, Dimini said men could opt for a great pair of chinos in a polished cotton.

"Let's say you do a natural or khaki colour, wear a

A trick up his sleeve

"Let's say you do a natural or khaki colour, wear a white shirt. And if it's looking like it's a little bit more formal than you anticipated, if it's a long-sleeved shirt you can just wear it long-sleeved. If it's a little less formal, then you just roll up the sleeves and go a bit more casual."

Walter Dimini
Divisional merchandise manager
Tip Top Tailors

white shirt. And if it's looking like it's a little bit more formal than you anticipated, if it's a long-sleeved shirt you can just wear it long-sleeved. If it's a little less formal, then you just roll up the sleeves and go a bit more casual."

"If it's going to be in August, and especially during the day, and it's going to be

on the beach, I don't think people are expecting anybody to be wearing a jacket," he added.

Dimini said men should also swap out their dress shirt — which is meant to be mostly worn with suits — and seek a more fun alternative.

"It should be just kind of a cool shirt. It could be linen, it could have an interesting pattern on it, it could be a great colour, like a great royal blue," he said.

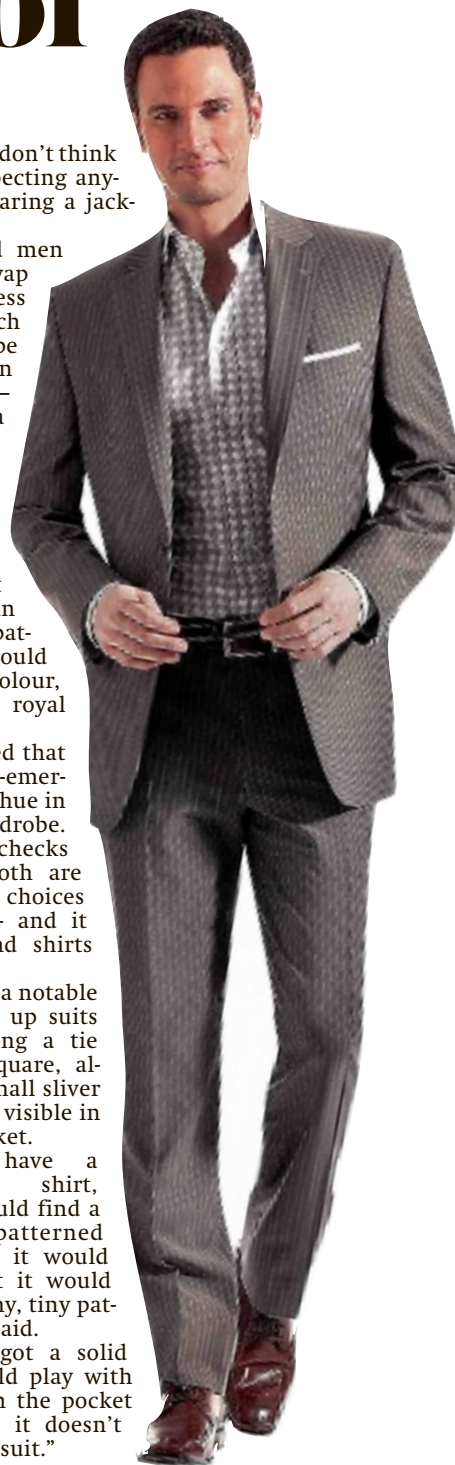
Dimini noted that pink is also re-emerging as a go-to hue in the men's wardrobe. Gingham, checks and houndstooth are among the hot choices in patterns — and it extends beyond shirts and ties.

Dimini said a notable trend to dress up suits without wearing a tie is a pocket square, allowing for a small sliver of colour to be visible in the breast pocket.

"If you have a houndstooth shirt, then if you could find a houndstooth-patterned pocket square it would be great — but it would have to be a tiny, tiny pattern," Dimini said.

"If you've got a solid shirt, you could play with any pattern on the pocket puff, provided it doesn't clash with the suit."

THE ASSOCIATED PRESS



You're such a square! TV personality puts a little pep into his pocket



Ed Henry, chief White House correspondent on the Fox News Channel, searches through pocket squares and ties at the Brooks Brothers flagship store in New York. RICHARD DREW / THE ASSOCIATED PRESS

There's not a lot of room for Ed Henry to make a style statement. The Fox News Channel chief White House correspondent pretty much has to stay in the box that is your TV screen.

But in the buttoned-up world of TV news, he's figured out a way: pocket squares.

Blue ones, red ones, white ones. He'll wear red-meets-blue purple, too, but don't read too much into any political meaning, he says. It all started as a friendly fashion competition with Ali Velshi, a former colleague when Henry was at CNN. It was all about the bigger, better necktie back then. There was an unending game of one-upmanship with more colourful shirts, perhaps even a patterned vest.

Still, Henry says, Velshi usually out did him — until Henry pulled out the pocket square.

"The pocket square amps it up!" says Henry. He adds: "At least no one is teasing me about my makeup anymore."

There is a bit of ribbing about his fashion sense. A producer set up a Twitter account for Ed's Pocket Square. Sample tweet: "I hate when the TV graphics cover me and I don't get enough air time!"

Henry meets a reporter at the Brooks Brothers flagship store on Madison Avenue. The way he stands there at one of the glass countertops, opening his travel friendly pocket-

Silly in style

"I like pizzazz. I like to show my personality — any way I can."

Ed Henry

square case and putting them on display, it looks like if things don't work out at Fox, there wouldn't be a position for him here.

"I like pizzazz. I like to show my personality — any way I can," he says with a smile.

Most of his work day is serious business, and he doesn't want to distract from that. He travels the world with the president, reporting on stories and issues that affect the world.

But that doesn't mean he's a two-dimensional stuffed shirt: He has a wife, kids and, yes, an appreciation for a little flair in his fashion.

When he was following President Barack Obama to Martha's Vineyard, Mass., two years ago, he stopped in a store in Ronald Reagan Washington National Airport and picked up a pocket square with a paisley print in ocean colours. He was covering the president's vacation, after all, and he wanted to look the part.

For black-tie dinners, he'll typically turn to his Tom Ford-designed black-and-silver one.

THE ASSOCIATED PRESS

Suit yourself

Men seeking to invest in a suit will want to get some versatility out of the look.

- Dimini said those who want an option suitable for businesswear should consider going for a lightweight wool suit. But for men looking to lengthen the wear of their new buy beyond summer, he

cautions them to be mindful of their colour choice.

- "If it's a pearl grey, it's really not great for during the winter. It stands out. So if this is THE suit you're going to buy, then I would steer away from a really pale, pale grey. I would go with the mid-tone."

Summer Break

SANDAL SALE 30-50% OFF

STARTS JULY 5TH
DISCONTINUED
STYLES & COLOURS

INCREDIBLE SHOES, INCREDIBLY COMFORTABLE

943 CARLING AVE AT SHERWOOD DRIVE | 613.728.6905 | SOLEA.CA

soléa

Offer for in-store footwear only. Not applicable to select styles. Cannot be combined with any other discount offer. Not applicable to previously purchased footwear.

It's love-love for Maria Sharapova

Sporting style. Maria Sharapova and David Koma make the perfect pairing. We take a sneak peek at what the world No. 1 will be wearing to tennis' red carpet occasion

METRO WORLD NEWS
life@metronews.ca

"No, no, not nervous. I've been lucky to work with quite successful women in the past", says a relaxed David Koma on dressing Russian tennis players Maria Sharapova and Anastasia Pavlyuchenkova. An understatement, yes, but there's not a hint of arrogance in the voice of the London-based designer as he rattles off megastars wearers such as Beyoncé (as seen at the MTV Europe Music Awards), Jennifer Lopez, Rihanna and Kylie Minogue.

The Georgian-born designer seems to know exactly what women want. His body-conscious dresses emphasize the hourglass figure — perfect for body-confident, powerful women.

Beauty for Koma isn't just physical: the women he dresses all share his confident but not cocksure attitude. He says of Sharapova, "She is number one because she has always worked incredibly hard, she's humble — and I think that's what makes us a good match."

Celebrity collaborations are something that Koma insists must happen organically. He didn't pursue Sharapova; he was in fact approached by her



Koma GETTY



Sharapova GETTY

stylist last year. He explains, "A woman has to fit with my aesthetic — it needs to be a natural process." Koma adds, "tennis players look good in sportswear and I reference this style in my work, so it fits."

It also helps that the young designer is an avid tennis fan and he's given some thought to a future sportswear line. In Koma's words, "I think music, sport and fashion are very much related. If it's true to the designer's aesthetic and it

forms part of their identity, I think that it works perfectly."

Koma does have his moments of almost boyish joy when he coyly says: "She's (Sharapova) an extremely beautiful woman and she's number one."

Although he's never wanted to be a slave to celebrity endorsement, Koma admits: "It's working for me and I do get a kind of double pleasure when I see my designs on a celebrity."

Designs, of course, that we had the pleasure of seeing on both Sharapova and Pavlyuchenkova last month at the pre-Wimbledon party hosted by the Women's Tennis Association. Although Koma, who spent much of his early life in St. Petersburg, does hint that Sharapova's look will be from the autumn/winter'12 collection. He lets on, "It will be made of a lighter material like silk crepe de chine and the sheer-ness will be in the right places. Perhaps on her beautiful shoulders, or on her back and some detail on the sleeve."

Designer-player pairings

- Serena Williams in Burberry
- Li Na in Giles Deacon
- Caroline Wozniacki in Stella McCartney
- Ana Ivanovic in Matthew Williamson
- Petra Kvitová in Mulberry



The look. GETTY IMAGES

Beauty in brief

Facebook fans 'like' YSL beauty palette

Yves Saint Laurent finds beauty fans amongst the mass market with the launch of an exclusive eyeshadow palette for Facebook.

Devoted to Fans #1 will be available to a select 1,650 fans today on the YSL Beauty Facebook page. Designed in Facebook blue with the iconic YSL motif, the eye palette comes complete with a quartet of blue, grey, white and black shadows.

Damien Vincent, commercial director of Facebook France said: "This is a fitting tribute to a vibrant and passionate demonstration that Yves Saint Laurent is a modern dynamic brand with consumers knowing the heart of its marketing strategy."

METRO WORLD NEWS

Designer Sophie Theallet wins knitwear prize

Could Sophie Theallet be on her way to becoming the next Yves Saint Laurent or Karl Lagerfeld?

She took a step forward this week, winning the U.S. division of the International Woolmark Prize, and the \$100,000 that goes with it. Her competition included Bibhu Mohapatra, Naeem Khan and Prabal Gurung.

The Woolmark contest promotes excellence in knitwear, especially using merino wool. Lagerfeld and Saint Laurent won in the 1950s.

Theallet will compete against regional winners in China, Australia, India and Europe in the international contest in February.

THE ASSOCIATED PRESS



GRAND OPENING

TAILOR-MADE SPORTSWEAR
FOR ACTIVE WOMEN WITH
A DISTINCTIVE STYLE!

We offer a complete range of plus size sportswear bringing you comfort and satisfaction whether you are golfing, hiking, cross-country skiing, snowshoeing or downhill skiing.



sportiveplus

20% OFF ON ALL GOLFWEAR

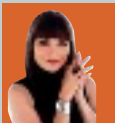
CONDITIONS APPLY. SEE STORE FOR DETAILS.

254 Dalhousie Street, Ottawa

613-695-8791

www.sportiveplus.com

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: WHAT a steamy summer! What's the HOTTEST outfit you own?



@blackbaronmillo: Here I am in my birthday suit! Skinny dipping in the lake @DomaineSummum in Mont Tremblant. #ete2012 xo

@Firezombie
my bday suit :P

@Jeanne_Beker
A very popular answer! Hopefully, it's lightweight and wrinkle free!

@sexypartyanimal
my booty shorts are ripped up the sides right to the belt line :P #whynot lol

@EricaOnFashion
probably my dress from @shopbop designed by #siennamiller - its short & sexy - plus I got it 70% off! #dealsareHOT :)



@Jeanne_Beker: In Montreal, sewing up @EDITbyJeanneB for spring with @theHUDSONS bayco Stay tuned for YUMMY colour!



@Jeanne_Beker: An impromptu Sunday afternoon concert at Chanteclair--my farm--with the wonderful Greg Wyard.

The Kit



Canadian street style

Spotted in: Vancouver

Kelsey

Student and part-time waitress

Age: 24

What she's wearing:

Jacket from Urban Outfitters, denim shirt and dress from Aritzia, bag from Marc by Marc Jacobs and shoes from Aldo shoes.

Her inspiration:

"I'm in my tourist outfit. I like effortlessly girly looks."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES, AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT - AN E-NEWSLETTER PROGRAM, AND A WEEKLY NEWSPAPER SECTION TOO!

THE KIT PHOTOBLOGGER: M'C KENNETH LICON

THE SAMPLE SALE
THESAMPLESALEGUYS.COM

SUMMER DESIGNER CLOTHING SALE
JULY 26 - JULY 29
FIRST TIME EVER IN OTTAWA

4 DAY SALE OPEN TO THE PUBLIC
THURSDAY JULY 26. 11AM - MIDNIGHT
FRIDAY JULY 27. 11AM - MIDNIGHT
SATURDAY JULY 28. 11AM - 10PM
SUNDAY JULY 29. 11AM - 6PM

WOMENS & MENS 2012 COLLECTION
FULL SIZE RANGE

T-SHIRTS, DRESSES, SHORTS,
DENIM, BAGS AND MORE

SUPER DRY, JBRAND, MICHAEL KORS, COACH, NUDIE,
HUGO BOSS, TRUE RELIGION, BENCH, SCOTCH & SODA,
GSTAR, CURRENT/ELLIOTT, RAG & BONE, JLNBERG,
DVOM REBEL, CITIZENS OF HUMANITY, HUDSON JEANS,
DIESEL, SEVEN FOR ALL MANKIND AND MORE.

40%-80% OFF

WE ACCEPT VISA, MASTERCARD, DEBIT, CASH

Travelodge
TRAVELODGE CONFERENCE CENTRE
1376 CARLING AVENUE, OTTAWA, ONTARIO

613.366.2272 **THESAMPLESALEGUYS.COM**

10% OFF WITH THIS AD*
*Cash only. Some restrictions apply.

H&M pins pouty popstar for new ad campaign

Lana a la mode.

Global high street retailer quells rumours by confirming singer Del Rey as the brand's new face

Lana Del Rey's unique look has landed her the H&M campaign. Speculation of the pairing first emerged last month but the global retailer had declined to comment on the matter until revealing the news to WWD on Monday.

The chanteuse, who shot to fame with critically acclaimed singles Video Games and Born to Die, will be the face of both the autumn and winter '12 and Christmas campaigns.

It's the first time that retro Del Rey, with her '60s-inspired style and 'ironed' hair, has fronted a campaign. That said, she's no stranger to the fashion world with a Vogue cover



Lana Del Rey PROVIDED

in March and a Mulberry bag named in her honour — the Del Rey.

Donald Schenider, H&M's creative director told WWD: "The mood is very L.A. Noir." Think: '50s pin-up, tweed, knitwear and blush powder tones à la Del Rey's delightful angora mix knit (pictured),

with a focus on classic feminine style — curves and, of course, the waist. The collection will also include a selection of accessories in wine red.

On top of that, we can also hear Del Rey's soulful sounds in a cover of 1950 hit Blue Velvet, due to air on September 19 on hm.com. **MWN**

Superfood makes super pasta

Any variety of kale is fine in this super easy pasta dish as everything is cooked in one pot, says Sharon Hanna, author of *The Book of Kale*.

Feel free to use mature leaves as they'll be whirled with goat cheese to create a strikingly green pesto that melts into the hot pasta. If you have calendula in your garden, be sure to garnish the pasta with some edible orange petals — nasturtiums work too.

This is suitable for vegetarians and those on a gluten-free diet if non-gluten pasta is used.

1. Bring a large pot of salted water to a boil. Add garlic and shallots and boil gently for 4 minutes. Add kale leaves and continue to boil for another minute. Watch the pot — you want the kale to remain bright green.

2. Using a slotted spoon, remove kale to a colander. Scoop out garlic and shallots and transfer them to the bowl of a food processor. Leave pot with water at a boil. Drop pasta into boiling water.

3. While pasta is cooking, squeeze excess moisture from kale. Add to food processor

along with cheese, pine nuts, salt, pepper and lemon juice. Process while adding olive oil slowly, until mixture is creamy.

4. Let pesto mixture stand until pasta is cooked to the desired texture.

5. Drain pasta well and combine with puréed mixture. Before serving, sprinkle with extra goat's cheese and fresh thyme leaves, if desired.

THE CANADIAN PRESS/THE BOOK OF KALE: THE EASY-TO-GROW SUPERFOOD BY SHARON HANNA (HARBOUR PUBLISHING CO. LTD., 2012)

Ingredients

- 6 large garlic cloves, peeled
- 2 or 3 small shallots, peeled
- 2 l (8 cups) kale leaves, packed
- 350 g (12 oz) dried farfalle (butterfly pasta)
- 250 g (8 oz) soft goat's cheese, plus extra for topping
- 45 ml (3 tbsp) pine nuts
- Salt and black pepper, to taste
- 45 ml (3 tbsp) lemon juice
- 125 ml (1/2 cup) extra-virgin olive oil
- Fresh thyme leaves (optional)

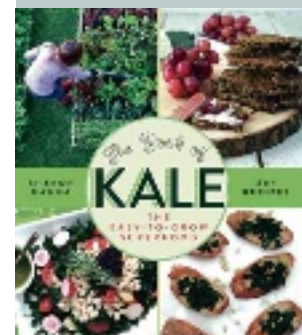
Kale and Goats with Bows



This recipe serves four. THE CANADIAN PRESS H/O

Book of the week

Discover joys of a 'miracle food'



Kale has been lauded one of the most nutrient-dense greens in existence. Yet, many don't know how to make it taste good.

Sharon Hanna changes that with her book *The Book of Kale*, which offers more than 70 simple recipes for breakfast, lunch, dinner and snacks.

Wilted Kale with Caramelized Parsnips, Pizzocheri Noodles with Greens and Fontina, Kale and Potato Torta and Kale in Coconut Milk with Salmon Candy are all sure to blow kale skeptics out of the kitchen.

The book also provides tips on growing kale in your own backyard. **METRO**

Penne Bruschetta. No-cook sauce for hot weather



This pasta dish will be a favourite for summer cooks as the sauce doesn't require cooking over a hot stove. This meal is fast, easy and a perfect pre-exercise dish.

1. In a large bowl, toss tomatoes with onion, basil, parsley, vinegar, salt, pepper and garlic. Let stand for at least 10 minutes.

2. Meanwhile, cook penne according to package directions. Drain well and toss with reserved bruschetta mixture.

3. Toss mixture with olive oil. Taste and adjust seasonings before serving. Serve warm or at room temperature.

THE CANADIAN PRESS/CATELLI HEALTHY HARVEST

Ingredients

- 1 pkg (375 g) whole-wheat penne rigate
- 625 ml (2 1/2 cups) coarsely chopped, ripe on-the-vine tomatoes
- 125 ml (1/2 cup) coarsely chopped medium sweet or white onion
- 250 ml (1 cup) loosely packed, chopped fresh basil leaves
- 125 ml (1/2 cup) loosely

- packed, chopped fresh parsley
- 15 ml (1 tbsp) sherry vinegar or balsamic vinegar
- 2 ml (1/2 tsp) each salt and pepper
- 4 cloves garlic, finely chopped
- 15 ml (1 tbsp) extra-virgin olive oil

for more weekly specials, please visit
www.tntsupermarket.com

大統華 T&T

Promotion Period: Jul. 20 - Jul. 26, 2012 Ottawa Store only

<p>No.1 grade</p> <p>4 DAYS ONLY Fri. Sat. Sun. Mon.</p> <p>2 FOR 1.98</p> <p>Cantaloupe Product of USA</p>	<p>White Onions Lust</p> <p>4 DAYS ONLY Fri. Sat. Sun. Mon.</p> <p>5.99 /lb 13.21/kg</p> <p>Atlantic Salmon Fillets Fresh</p>	<p>3.18 /lb 7.01/kg</p> <p>Beef Short Ribs Fresh, Cut from AA Grade</p>	<p>SAVE 96¢</p> <p>4 DAYS ONLY Fri. Sat. Sun. Mon.</p> <p>4.98 /box</p> <p>Egg Pudding Tarts 6 pcs</p>	<p>SAVE \$1</p> <p>4 DAYS ONLY Fri. Sat. Sun. Mon.</p> <p>3.98 /set</p> <p>Jumbo Har Gou Shaomai 8 pcs</p>	<p>SAVE 48¢</p> <p>Selected Varieties</p> <p>2 FOR 1.50</p> <p>Yoplait Yop Drink 200ml</p>	<p>SAVE 91¢</p> <p>1.88 /pkg</p> <p>T&T Edamame Cooked Soy Beans 454g</p>	<p>SAVE \$1</p> <p>2.99 /btl</p> <p>Simply Juice 1.75L</p>	<p>SAVE 88¢</p> <p>16.98 /cs</p> <p>Arizona Green Tea 600ml</p>	<p>SAVE \$1.00</p> <p>Selected Varieties</p> <p>2 FOR 5.50</p> <p>SPAM Luncheon Meat 340g</p>	<p>SAVE \$3</p> <p>Limit 2 per family</p> <p>8.99 /bag</p> <p>V Brand Long An Jasmine Rice 9kg</p>
---	---	---	--	--	--	--	---	--	---	--

Quantities and/or selection of items may be limited and may not be available in all stores. No rain checks or substitutions. Advertised prices and product selection may vary by store location. T&T Supermarket reserves the right to limit quantities. Dates prices take precedence over photos. Some illustrations in this advertisement do not necessarily represent items on sale, and are for design purposes only. We reserve the right to correct any unintentional errors that may occur in the copy or illustrations.

9am - 9pm (Sat - Thurs)
9am - 10pm (Friday)

Join us on Facebook
(Search for T&T Supermarket)

Follow us on Twitter
@TTSupermarket

www.TnTsupermarket.com

224 Hunt Club Road, Ottawa, ON, K1V 1C1 613-731-8113

SPECIAL INFORMATION FEATURE

Anchors away! Set sail with these beer classics



JEFF
O'REILLY
For Metro

Craft brewing is booming and its history is full of colourful stories and innovators who have gone on to shape the way we view beer.

One such person is Fritz Maytag, generally regarded as the "Father of American Craft Brewing." Out for lunch one day, this Stanford graduate was looking to find his own path when he asked for a pint of his favourite beverage, Anchor Steam Beer, and the bartender happened to tell him the brewery was closing at the end of the week.

Looking for a challenge, and coming from an impressive business pedigree — his grandfather started the Maytag Corporation while his father started Maytag Dairy Farms — he quickly bought 51 per cent of the company in 1965, then became sole owner in 1969.

He learned everything he could about brewing and the beer industry, and while on a

trip to England in the early 1970s to visit classic British breweries Young's, Timothy Taylor's and Marston's, he was amazed at how bold and distinct their ales were, which gave him the inspiration for Liberty Ale.

First produced in 1975 to commemorate the bicentennial of Paul Revere's famous ride, it was the first American IPA made after Prohibition and was also the first to use Cascade hops — hugely popular now with aromas and flavours synonymous with the West Coast IPA style.

Maytag also went on to create the first modern American brewed porter (even when the English weren't brewing it), the first modern American barley wine and, of course, revitalized his beloved Steam Beer.

Along the way, he also went on to inspire other craft brewers and helped many of them grow and develop their businesses. Craft brewing owes him a debt of gratitude for pursuing his dreams and forever changing the taste of beer as we know it today.

The moral of the story —

no matter what success you come from you can always carve out a niche for yourself, and, of course, always listen to your bartender.

Anchor Steam Beer (six 355 ml bottles, \$13.45 LCBO, 4.8 per cent alcohol by volume) pours a deep amber with thick, creamy white head. Sweet, malty and grainy aromas invite flavours of caramel, pale malts, toasty cereal grains, which is slightly nutty and fruity with earthy bitter hops at the end. Well carbonated, the beer is clean and smooth with a pleasant lingering finish. A very drinkable American classic.

Anchor Liberty Ale (six 355 ml bottles, \$13.10 LCBO, 5.9 per cent ABV) is the colour of a bright, golden orange sunset with a frothy, white head. Familiar aromas of citrus plus pine are a tasty hint to an extremely well-rounded and very balanced beer filled with citrus, grapefruit, pine needles and caramel. Super smooth with a surprisingly short, dry finish, it is no wonder this beer revolutionized the world of craft brewing.



Laura raises a toast to Fritz Maytag with a cool, refreshing Anchor Steam Beer at Pub Italia. JEFF O'REILLY/FOR METRO






OTTAWA FARMERS' MARKET

Sundays, 8:00 AM-3:00 PM at Brewer Park



Come dine with us.
Join us on Sunday, August 19th as we host Savour Ottawa's Harvest Table. Celebrate Ottawa's bountiful harvest & culinary talent with a five-course, gourmet lunch prepared by local chefs from fresh, seasonal ingredients provided by our local farmers.

Tickets: \$60 individual, \$75 VIP
For details visit www.savourottawa.ca

ottawafarmersmarket.ca @OttawaFarmMkt



TAKE OUT HOTLINE:
613-748-3474

319 St. Laurent Blvd. at Hemlock
OPEN 11AM-10PM EVERYDAY
www.catsfishandchips.com

Cutlass Haddock

Breaded or beer battered to order, served with a mound of fresh cut fries and our famous Sea Slaw.
You will need a tug boat to get you home...



\$1 from every order of Cutlass Haddock sold will go to the DAVE SMITH YOUTH TREATMENT CENTER



The Ottawa area has numerous farms in which to choose for berry picking. CONTRIBUTED

Support local farmers

SAMANTHA EVERTS
For Metro

It's the tail end of strawberry season, but raspberries and Saskatoon berries fresh from the Ottawa Valley are just landing on farmers' market stalls now. Plan a day of family fun and pack up the kids to go berry picking.

While tasting berries fresh from the fields is irresistible, if you are planning on making jam or pies, this is the perfect opportunity to stock up and support your local farmers.

Stay in the city and pick

the last of the strawberries at Shouldice Berry Farm and Market's two locations (Nepean and Barrhaven) or stick to sweet raspberries. To make sure you get the best fruit select only plump, bright, well-shaped berries that are solid in colour. Shouldice also sells country-style jams, pickles and pies from its roadside stands and farm shop.

There are plenty of pick-your-own fields within an hour's drive of the city.

Avonmore Berry Farm sells juicy strawberries straight from its fields. An added bonus is that there is a chil-

dren's play area. Try the strawberry shortcake and ice cream from its pantry, or select garden-fresh tomatoes, peppers and potatoes to turn into dinner.

Outside of Osgoode, Ovens Berry Farm has plenty of raspberries to be picked. Or pick a basket of Saskatoon wild berries since Ovens Berry Farm is one of the few Ontario farmers growing them. Saskatoon wild berries have a deliciously unique taste, and they are actually an apple, not berry.

For more, see shouldicefarm.com, avonmoreberryfarm.com, or ovensberryfarm.com.

Sit down for dinner with these cool picks



**IF I HAD \$100 ...
TO SPEND
AT VINTAGES**

Hot new wines from cool-climate Victoria, Australia, are showcased in Saturday's LCBO Vintages release, as well as some wines from the Loire in France, just in time to see you through some summer dinners.

**Tahbilk Museum Release
Marsanne, Nagambie**

**Lakes, Victoria
(LCBO #276980, \$22.95)**
A "grape" white surprise loaded with full fruit flavours.

**Featherstone Sauvignon
Blanc 2011
(LCBO #089011, \$19.95)**
Just salivate — gooseberry, grass; it's all first class.

**Tyrrell's Rufus Stone Shiraz
2010, Australia
(LCBO #179200, \$19.95)**
Dark, juicy fruits all rolled into one red velvety finish — lamb chops please?

**Vincent Raimbault Les
Terrages Demi Sec Vouvray,
France 2012
(LCBO #27197, \$17.95)**
Chenin Blanc white silk with orange, pear and quince — perfect for a summer lunch.

**The Show Cabernet
Sauvignon 2009, California,
(LCBO #140715, \$17.95)**
A deep, ripe cherry horse kicker from start to finish.

GRAND TOTAL: \$98.75
JULIE STOCK
FOR MORE, SEE SAVVYCOMPANY.CA.

Wine. Classical pop



**SEASONAL
SIPS**
Allyson Bycraft
For Metro

Chamberfest Ottawa, beginning July 26:

Prepare yourself for heavenly chamber music at a local church with a glass of Cathedral Cellars Sauvignon Blanc (\$14.95, LCBO #662718).

Though it is labelled "Western Cape," which means the grapes could come from anywhere in the South African wine region, in practice, refreshing summer sippers like this one are usually made from grapes grown in the much cooler coastal areas. Available at Vintages Saturday.

Cirque du soleil, Michael Jackson: The Immortal, July 24-25:

The Show Cabernet Sauvignon (\$17.95, LCBO #140715) might be just the thing to finish your evening after the spectacle that is Cirque du soleil.

Some of the grapes in this California blend come from that state's central coast region, not far from the King of Pop's Santa Barbara Neverland Ranch.

This is a full-bodied red with lots of black fruit flavours and some earthiness, all at a great price.

Available at Vintages Saturday.

ALLYSON BYCRAFT



ARC THE HOTEL & CHERRY PIE proudly present

Ladies who Lunch

OTTAWA'S PREMIERE BUSINESS WOMEN'S LUNCHEON

STRAWBERRIES. CHAMPAGNE. DIAMONDS.

Join us on
JULY 31, 2012 @ Noon
@ ARC THE HOTEL

Executive Chef & Gold Plate Participant 2012, Jason Duffy, has created a jaw-dropping 3 course menu exclusive to this event

FEATURING:
AMBER WATKINS POOL WEAR FASHION SHOW
VIEWS AVEC MON + MODELS INTERNATIONAL MANAGEMENT
TRUE BUOUX SPARKLING SELECTION OF FABULOUS JEWELS
SID CRATZBARG OTTAWA'S ARISTOCRAT OF STYLE

SWAG BAGS—CONVERSATION—COCKTAILS
TICKETS: \$35 (SERVICE & GRATUITY NOT INCLUDED)

Please reserve your place at this VIP event: **613-238-2888 ext.2202**

140 Slater Street, Ottawa | 613-238-2888 | arcthehotel.com

Summer Sunday Suppers

Join us every Sunday in the summer for our **Italian Steak & Frites Dinner**:
\$16 includes striploin with Italian pistou, frites & corn & black bean salad

\$16

Tuesday Nights are Alright!

\$5

Join us every Tuesday evening
for glasses of house wine
or house cocktails for \$5



**Italian Inspired.
Inventive in Spirit.**

1100 Wellington St. • www.burntbutter.ca • 613 792 4000

Open for lunch Tuesday to Friday; Dinner Tuesday to Sunday

How to work from home — in style

Design meets function. Consider wood tones, fabrics, furniture and storage as part of your decorating scheme



DESIGN CENTRE
Karl Lohnes
home@metronews.ca



Organic Chair, \$278,
homesav.com

Beginning in the fall, I will be working part-time from home. To accommodate this I need a small desk area for my laptop and storage, which will all need to go in my living/dining room. Any suggestions on how this could work?

The last thing you want is to set up an obvious office in the middle of your entertaining space, especially when you won't be using it full-time.

I suggest creating a desk area that blends with your current



Nailhead Upholstered Storage Bench, \$479, westelm.com

decorating scheme. Consider wood tones, fabrics, furniture styles and method of storage as your key components when deciding how to decorate.

An option for a discreet, non-traditional desk could be something as simple as a modern Parson-style console table, an antique secretary china cabinet (that also offers decorative display) or a retro-



A casual home office desk can be something as simple as a sofa table. HANDOUT

looking desk that is both sculptural and practical.

If you are only using an office chair for an hour or so each day then choose something comfortable yet super-stylish, rather than the standard five-wheeled executive chair.

Match the chair's style to the desk; if you've chosen a retro desk, then choose a retro chair. The chair should

blend well enough into your living room's decor scheme that it could be used as extra seating without looking out of place.

There are two types of storage: decorative storage that is close at hand (for monthly files, receipts and reading materials) and a long-term storage option such as a locker or

an upper shelf in a closet to hide taxes, old files and rarely used office supplies.

Once you choose your desk, chair and storage, the fun begins. Treat yourself to a



Crane Desk, \$765,
crateandbarrel.com

few accessories, such as wall sconces, artwork, lamps and other decorative accessories, that blend with your living room's decor and finish off the new work area.

Want to look professional during a Skype conference call? Make the background a neatly arranged bookshelf (with books), not a messy kitchen with your cat on the counter.

Cleaning tips

Tackle household germs



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

What are the most common areas for germs in the average household?

You might be surprised to

learn there are more germs in the average household kitchen than in the bathroom!

Why? We know about the bacteria in our bathroom and make more of an effort to clean it. But we often don't see or understand bad bacteria in the kitchen or in the remainder of the house.

Here are four common areas that harbour germs and bacteria around your home:

1. The kitchen sponge: Replace often and wash

daily. You can put it in the microwave for one minute on high or in the dishwasher with the full drying cycle to kill bacteria.

2. The remote control: Did you know in hotels the remote is the one item with the most bacteria? Use a cotton swab with alcohol weekly.

3. The telephone and cell phone: Use a cotton swab with alcohol weekly.

4. Door knobs of the bathroom and front door: These also need to be cleaned weekly.



Your kitchen sponge may have more germs than your toilet. ISTOCK IMAGES

Quench your garden's thirst

The hot days of summer have settled into many areas of the country. Add a lack of rain into the mix and gardens are wilting under the soaring temperatures.

Gardeners who did a lot of back-breaking work in the spring and spent money on plant material may be dismayed to see their investment withering.

But the solution is relatively easy — proper watering is key to preventing your plants from becoming scorched, says gardening guru Lindsay Drake Nightingale.

Water evaporates quickly

when it's hot so she advises watering containers and gardens in the cool of the morning or evening, though she prefers early morning.

Keep the pests away

Plants become perfect fodder for pests in the heat because they become more tender with lack of water absorption. Another advantage of morning watering is that "you can spot the pests and it's easy enough to pull a snail off of your hosta or slugs off of whatever," said Drake Nightingale.

Newly planted need more

Bump up watering to twice a

day — morning and evening — for newly planted material, including young trees, and make sure water goes into the soil surrounding the plant rather than on its foliage.

Water just until the soil is damp to the touch and not so it is pooling on the soil's surface.

A hose with a nozzle that showers is the best way to give plants a drink. Soaker hoses and drip irrigation systems work well too.

She only recommends using an oscillating sprinkler if the space is wide enough — there's no point wasting precious water on the sidewalk or

driveway. Water for about 20 minutes. The contents of rain barrels can be used to water flowers and other plant material.

Concentrate on watering perennials and annuals

"Lawns ... tend to go dormant and then as soon as the cooler weather comes they start to green back again with a little bit of rain," said Drake Nightingale. "Annuals tell you when you haven't got enough water on the garden because they wilt instantly. But they come back almost instantly with watering." **THE CANADIAN PRESS**

Carlingdale Home Fashions
• Incredible pattern selection
• Duvet covers and all accessories
Up to 70% Savings

Quilt Sets, any size!
• Includes pillow sham(s)
• Reversible prints
Now \$29.99 / set

Printed Duvet Cover Sets, any size!
• Special Buy!
Now \$19.99 / set

quiltsetc®
create comfort home

Carlingwood Mall
(513) 722-8800
www.quiltsetc.com

Super Summer Savings



Abigail Gehring hangs laundry outside her home in West Brattleboro, Vt. TIMOTHY LAWRENCE/THE ASSOCIATED PRESS

Letting it all hang out: Air-dry your laundry to save dollars, energy

Tips. For those of us with more experience rebooting hard drives than hanging socks, here's how to air-dry the right way

Think clothes lines are a relic of a bygone era, a time when our grandmothers slaved over their dainties with stiff birchwood pins?

Think again. Hanging clothes is trendy, due in no small part to the rising costs of, well, everything. Between soaring utility bills, concerns for the environment and a growing interest in traditional home arts, forgoing the dryer is the newest (oldest) way to tackle laundry.

But how does one do it properly? Abigail Gehring, author of a number of books on green living skills, has this advice to get you start-

ed: "The biggest complaint people have with line-dried clothes is that they're stiff and wrinkled."

You can avoid this problem by giving your clothes a good shake, then hanging them with a little space between each item for maximum air circulation.

Gehring warns against using fabric softener, saying that half to one cup of white vinegar added to clothes in the rinse cycle will make them lighter and fluffier. "You might notice a faint vinegar smell on your clothes," Gehring says, "but that can be easily masked by adding a couple drops of essential oil to the wash."

The life of your clothes can be extended by hang drying, but there are still ways to stretch your favourite shirt if you're not paying attention. Gehring advises against hanging stretchy knits because they could lose their shape. Instead, she suggests laying them on an elevated drying screen.

Laundry tips

- For less finicky knits, hang shirts upside down with pins on the bottom-side seams to reduce clip marks.
- Pants should be draped at the knees and clipped on the sides to keep their shape.
- To avoid fading and keep clothes soft, hang your clothes in the shade, as direct sun can bleach fabrics and leave clothes stiff.

Apartment dwellers can hang clothes on shower curtain rods, drawer knobs and radiators. "Of course it's best to have a laundry line, but I've used curtain rods inside and tree branches outside," Gehring says. "Just don't hang your clothes on wooden furniture," she warns, "or you'll stain it."

THE ASSOCIATED PRESS

Cigarettes

One more reason to butt out



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Are there harmful chemicals in discarded cigarette butts?
-Craig of Montreal

Flicked out of car windows, stomped out on sidewalks and strewn about our parks and beaches, several trillion cigarette butts are littered worldwide each year.

And cigarette butts can leach chemicals such as cadmium, lead and arsenic into our environment within an hour of contact with water.

About 95 per cent of cigarette filters — added in the 1950s — are made of cellulose acetate, which is a plastic that degrades slowly. And the filter is designed to accumulate toxins. A butt may contain up to 60 known human carcinogens, including formaldehyde and chromium.

Cigarette butts have been discovered in the stomachs of sea turtles, birds and dolphins. As well as exposing animals to hazardous chemicals, they can also cause digestive blockages. When



Cigarette butts leach chemicals into the environment. ISTOCK IMAGES

the butts are lodged in an animal's intestinal tract or collect in the stomach, they can cause death.

Nicotine has also been shown to be lethal to certain species of fish and other aquatic organisms. A study by scientists at San Diego State University found that a single cigarette butt containing a small amount of unburned tobacco was enough to contaminate a litre of water and kill half the fish swimming in it.

Some estimates indicate that one in three cigarettes end up as litter. I believe it.

Each September I volunteer with the Great Canadian Shoreline Cleanup to pick up more than 400,000 cigarette butts. They're one of the top five litter items, next to plastic bags, food wrappers, caps and lids, and cutlery and dishes.

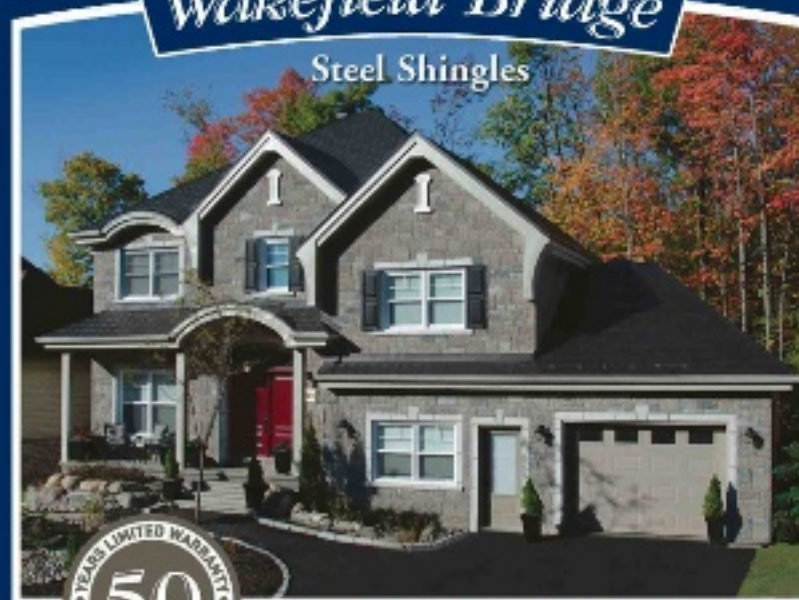
The good news is that many cities are trying to reduce cigarette butt pollution — and reduce fire hazards and improve people's health — by banning smoking in parks and at beaches. Thanks to the cities of Vancouver, Edmonton, Ottawa and Peterborough for leading the way!

FINALLY, AN AFFORDABLE PERMANENT ROOF SOLUTION

Asphalt roofs have an average life expectancy of only 9-14 years! Wakefield Bridge steel shingles are designed as an alternative to common asphalt shingles, but with the toughness and long-lasting qualities of high-strength steel. With our 50-year warranty, these new steel shingles may very well be the last roof you install on your house for as long as you live.



- REDUCED ENERGY COSTS
- INCREASED RESALE VALUE
- MAINTENANCE FREE



Call us today for a no obligation appointment

1-855-858-2939

No fancy sales gimmicks. No tricks, just an honest price from Canada's premier manufacturer and supplier of steel roofing. Mention this ad when you call, and we will cover the HST!

4

SPORTS

Cycling

Wiggins' lead grows in France

Cadel Evans' hopes of retaining his Tour de France title collapsed Wednesday in the first day of Pyrenees punishment, losing ground to leader Bradley Wiggins in the 16th stage won by Thomas Voeckler. Evans fell from fourth to seventh overall after struggling on the last two climbs out of four in the stage, while Wiggins wore the yellow jersey a little more comfortably. Evans said he had been battling stomach problems. Also Wednesday, Luxembourg rider Frank Schleck denied taking any banned substance despite testing positive for a forbidden diuretic at the Tour de France, and has suggested he may have been poisoned. The RadioShack Nissan Trek team leader said he "formally rejects" having taken any banned substance, and requested the "B" sample to be tested. **THE ASSOCIATED PRESS**

Mobile sports



The Brooklyn Nets' public courtship of Magic centre Dwight Howard has come to an end — for now. The Nets signed Brook Lopez to a four-year, \$61-million US extension on Wednesday and the seven-footer says he's harbouring no hard feelings. Scan the code for the story.



Brett Lawrie is helped to the locker-room by a trainer and Blue Jays manager John Farrell after falling into the photographers' box on Wednesday at Yankee Stadium. JIM MCISAAC/GETTY IMAGES

Lawrie latest casualty on bad news Blue Jays

MLB. Young third baseman takes tumble as Toronto completes miserable series in N.Y.

It would be tough not to cut Toronto manager John Farrell some slack if he were thinking up dire scenarios for his ball club as he watched Brett Lawrie flip over a railing and disappear into a deep camera well while chasing a foul pop. It's been that kind of week for the Blue Jays — and they still have three games to play in Boston.

Star slugger Jose Bautista injured his wrist swinging the bat Monday and landed on the disabled list, Lawrie bruised his calf in a scary fall and the Blue Jays lost to the New York

Quoted

"It's a little stiff. It felt like somebody just kind of took a bat and crushed me in the back of the leg."

Blue Jays third baseman Brett Lawrie on Wednesday's injury

Yankees 6-0 on Wednesday in a rain-shortened game that completed a three-game sweep.

"Well, it was a costly series," Farrell said. "Obviously getting swept, first and foremost, and then the injury to Jose in Game 1 and then today with Brett going over the railing.... This was a tough three days here in New York."

Shut out by Hiroki Kuroda in a game called after 6 1/2 innings, the Jays are leaving town two games under .500 (45-47) for the first time this season.

Lawrie slammed his right leg onto an unpadded railing

inside a camera well while somersaulting over the cushioned railing separating the deep well from the field next to the Toronto dugout.

"I hit it so flush, and it was just a long fall. I felt like I was in the air for like five seconds," Lawrie said. "From where the cameras sit behind that, it looks like it kind of cuts off right there but it actually goes down like another 3 1/2 feet. So it's like a 5, 5 1/2-foot drop. It sure felt like it."

The 22-year-old third baseman tried standing up but immediately went down after put-

ting weight on his leg.

X-rays were negative and Lawrie hopes to play Friday.

Farrell saw the series as a chance to define the Blue Jays' season. But the Yankees outscored Toronto 18-4 and out-homered their AL East rival 4-1. Toronto never held a lead in losing for the eighth straight time in New York and its bullpen was horrid.

The Yankees relievers finished the series with two saves and a 1.80 ERA. The Jays' pen: 0-1 with a 15.75 ERA.

"It's not what we envisioned," Farrell said. "And yet, I thought we came in here and we played well for the first game and three-quarters. (The Yankees are) a very good team that's probably playing their best baseball of the year over the last month or so."

THE ASSOCIATED PRESS

NHL

No date-rape charge for Kings' Doughty

Prosecutors have declined to file a date-rape charge against Los Angeles Kings star Drew Doughty, citing insufficient evidence.

The Los Angeles County District Attorney's Office issued a report Wednesday concluding there was not enough evidence to prove the case beyond a reasonable doubt.

A woman who accused Doughty of raping her said she had consensual sex with him previously.

She told of drinking with him at a Hermosa Beach bar, then going to his home, where she alleged he assaulted her.

THE ASSOCIATED PRESS



Drew Doughty
GETTY IMAGES FILE

NHL

O'Brien, Gryba re-up with Sens

The Ottawa Senators re-signed forward Jim O'Brien and defenceman Eric Gryba to two-year contracts Wednesday.

O'Brien was recalled from the Senators' AHL affiliate in February.

The 23-year-old had three goals and three assists in 28 games and one assist in the playoffs.

Gryba's deal, meanwhile, is a two-way contract. The Saskatoon native spent all of last season in the AHL, where he recorded five goals, 15 assists and 98 penalty minutes in 73 games.

THE CANADIAN PRESS

NHL labour talks remain peaceful for now



NHL commissioner Gary Bettman speaks to reporters on Wednesday in New York. JASON DECROW/THE ASSOCIATED PRESS

The NHL and the NHL Players' Association resumed labour talks at the league offices in New York on Wednesday.

The two sides held a cordial meeting for more than two hours in another round of negotiations for a new collective bargaining agreement before the current one expires on Sept. 15.

Executive director Donald Fehr said the NHLPA has not yet decided to make a counter-offer to the league's initial proposal last week.

"We requested further information," Fehr said. "The initial

Quoted

"We have a lot of work to do and a relatively short time."

NHL commissioner Gary Bettman

proposal we are looking hard at.

"We're not at that stage (to submit a counter) yet. At the appropriate point in time, we'll make our proposal."

There were multiple reports coming out of the last round of talks that the owners' offer in-

cluded players' hockey-related revenues getting slashed from 57 per cent to 46 per cent. It also was reported that players would be forced to wait 10 years before becoming unrestricted free agents and that contracts would be limited to five years.

Fehr said the NHLPA would submit a proposal "at the appropriate point in time." He did not specify when that would be.

NHL commissioner Gary Bettman said the league's offer last week was a "serious proposal." **THE ASSOCIATED PRESS**



Emilie Heymans dives in the three-metre springboard event at the Canadian Olympic trials in Montreal in May. STEVE RUSSELL/TORSTAR NEWS SERVICE

Heymans plunging towards history

Diving. One more podium finish puts Canadian legend in league of her own

Emilie Heymans could earn a special place in the annals of the Olympic Games this summer in London.

A podium finish in one of her two events would make her the first diver in history to win a medal at four consecutive Olympics.

Her record is already impressive: She has won at least

one medal in each of the major multi-sport games — Olympic, Commonwealth and Pan American — since her arrival on the international scene in 1999. In addition to her 15 medals, she won the 2003 world championship in the 10-metre tower and was runner-up in the three-metre springboard at the worlds in 2009.

But Heymans is not the type to dwell on her list of accomplishments. Leave that to her biggest fan, her father Eric Heymans.

"My father is very involved in my career," says the 30-year-old diver. "He manages my

sponsorship and media requests. I consult him often and he's the person whose opinion matters most to me."

In fact, Heymans has always relied on the support of both her parents throughout her career. Both were elite athletes in their own time.

Eric Heymans played soccer in Belgium, his home country, and her mother, Marie-Paule Van Eyck, competed in Montreal's 1976 Olympics as a member of the Belgian fencing team.

"We have always considered it a privilege to support her career," said her father.

No matter what happens in London, Heymans has already realized her dream.

"My childhood dream was just to go to the Olympics," says Heymans. "It remained a dream and I didn't think I could achieve it. So to have taken part four times, it's really extraordinary."

After the London Games, Heymans plans to retire from diving to begin another career she believes will be just as exciting. With a degree in fashion marketing, she's working on developing her own line of swimwear.

THE CANADIAN PRESS

Playing hurt just part of Olympic sacrifice

When Canada's Olympic athletes prepare to dig in their oars, power down the track or execute a gravity-defying manoeuvre on the uneven bars, many may start with a silent prayer: "Please, God, don't let me get injured."

Pushing their bodies to the limits of physical endurance, competitors are all too aware they could pull a hamstring, sprain an ankle or worse.

"Injuries are unfortunately an inevitable part of physical performance," concedes Dr. Penny Werthner, a sports psychologist at the University of Ottawa who works with the national canoe-kayak team and diver Emilie Heymans.

And while most athletes

Quoted



"When you're a gymnast, you really are dealing with an injury every day. That's kind of the reality of it. There's always something that hurts."

Calgary's Kyle Shewfelt

gunning for Olympic medals are reluctant to speak about it publicly, many are likely nursing sore muscles and joints and keeping tabs on other not-quite-perfectly healed injuries as they prepare for London.

"I think every athlete who reaches any kind of high-performance role at the world and Olympic level has probably had several serious injur-

ies as a result of hard training, breaking something or pulling muscles," says Werthner.

Kyle Shewfelt is a case in point.

The Calgary gymnast captured the gold medal in floor exercises at the 2004 Olympics, but 11 months before the 2008 Games, he broke both upper tibias after a mistimed landing on the vault at a World Cup event.

Surgery and months of rehab, followed by hard training, allowed Shewfelt to compete at Beijing, though his performance couldn't match pre-injury levels. But even before shattering those shin bones, he was no stranger to serious injury.

In spring 2004, he severely bruised the main bone in his ankle and wasn't able to resume practising his routines until about a month before the Athens Games.

"Advil was my best friend," Shewfelt quips.

"I think many that are competing at the Olympic Games are on a heavy dose of anti-inflammatories. But it's just par for the course."

THE CANADIAN PRESS

Basketball. With NBAers in town, largely ignored hoops gets some attention

The question would be almost unimaginable in North America.

"Who's No. 6?" a reporter asked a U.S. official.

Yes, even LeBron James isn't recognized everywhere in Britain, where soccer is king and basketball is an afterthought.

That will change at least briefly in Manchester on Thursday, with James and the U.S. Olympic team bringing it some rare attention with a game against Britain.

It's only an exhibition, so the result doesn't matter. But the event does, to those who want to see basketball gain a place in Britain's sports culture.

"This is a massive opportunity for British basketball to get some oxygen, to breathe life into the sport in this country," said Chris Mitchell, who calls Britain's games for BBC Radio. "Team USA being here is arguably the biggest-ever game this country has hosted." THE ASSOCIATED PRESS



LeBron James THE ASSOCIATED PRESS FILE

Quoted

"They will represent their country, they will cheer on their team and hopefully we can just play well in front of them."

LeBron James on playing in Manchester, England, on Thursday.

Sex in the village. Party time for athletes fuelled by testosterone in London

Sex and the City move over. Here comes Sex in the Village. Make that athletes' village. As in Olympics.

Tales of shenanigans at the living quarters for 10,000 super-fit young men and women have always abounded, and London doesn't look as if it will be any

different.

U.S. women's soccer star Hope Solo recently dished about serious partying at the Beijing Games, and some newly arrived athletes say they can hardly wait for the fun to begin.

Most will restrain from going too far, aware they're in the international spotlight.

Still, there's no need to be prudish, according to the man overseeing the health of the Brazilian team.

"(Sex) is common at the Olympics. It's necessary. It's natural," Dr. Joao Olyntho Machado Neto said. "If you are going to be healthy people, why not make sex?"

"Brazil is very tolerant with sex as a country. We don't have Victorian minds and we're not religious." THE ASSOCIATED PRESS

Quoted



"The Olympics is the height of your career, so you might do some things you don't usually do."

British beach volleyball player Shauna Mullin

Athletes' village

Water runs dry after pipe delays

Parts of the athletes' village at the London Olympics are without water after delays installing pipes.

The café in the village's shopping area was closed for several hours on Wednesday and other "grab-and-go" cafés were also affected.

Organizers expect the issue to be resolved by Thursday.

THE ASSOCIATED PRESS

Security

Border guards vote to strike

The union representing immigration staff at British airports says its members have voted to go on strike in a dispute over pay and job losses.

The vote by the Public and Commercial Services Union raises the possibility of a walkout during the Olympics, although no strike date has been set. THE ASSOCIATED PRESS

MLB AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	57	34	.626	—
Tampa Bay	47	44	.516	10
Baltimore	46	44	.511	10½
Boston	46	45	.505	11
Toronto	45	47	.489	12½
CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	50	40	.556	—
Detroit	47	44	.516	3½
Cleveland	46	44	.511	4
Kansas City	38	51	.427	11½
Minnesota	38	52	.422	12
WEST DIVISION				
	W	L	Pct	GB
Texas	55	36	.604	—
Los Angeles	50	41	.549	5
Oakland	47	44	.516	8
Seattle	39	53	.424	16½

Wednesday's results
N.Y. Yankees 6, Toronto 0, 7 innings
Oakland 4, Texas 3
L.A. Angels at Detroit
Chicago White Sox at Boston
Cleveland at Tampa Bay
Baltimore at Minnesota
Seattle at Kansas City
Tuesday's results
L.A. Angels 13, Detroit 0
N.Y. Yankees 6, Toronto 1
Chicago White Sox 7, Boston 5
Tampa Bay 4, Cleveland 2
Minnesota 6, Baltimore 4
Seattle 9, Kansas City 6
Texas 6, Oakland 1
Thursday's games
All Times Eastern
Cleveland (Jimenez 8-8) at Tampa Bay (Price 12-4), 12:10 p.m.
L.A. Angels (Williams 6-6) at Detroit (Scherz-er 8-5), 1:05 p.m.
Baltimore (W.Chen 7-5) at Minnesota (De Vries 2-2), 1:10 p.m.
Seattle (F.Hernandez 7-5) at Kansas City (Hochevar 6-8), 2:10 p.m.
Chicago White Sox (Quintana 4-1) at Boston (Buchholz 8-3), 7:10 p.m.
N.Y. Yankees (F.Garcia 4-2) at Oakland (Griffin 1-0), 10:05 p.m.
Friday's games
Baltimore at Cleveland, 7:05 p.m.
Chicago White Sox at Detroit, 7:05 p.m.
Seattle at Tampa Bay, 7:10 p.m.
Toronto at Boston, 7:10 p.m.
Minnesota at Kansas City, 8:10 p.m.
N.Y. Yankees at Oakland, 10:05 p.m.
Texas at L.A. Angels, 10:05 p.m.

YANKEES 6, JAYS 0 (6 1/2 INN.)

Toronto	ab	r	h	bi	New York	ab	r	h	bi
Gose rf	3	0	0	0	Jeter dh	3	1	2	0
Lawrie 3b	2	0	0	0	Swisher rf	4	1	1	1
YEscor ss	1	0	1	0	Teixeir 1b	3	1	2	2
Rasms cf	3	0	0	0	AlRdrg 3b	3	0	0	0
Encrnc 1b	3	0	0	0	Cano 2b	3	1	1	0
Lind dh	3	0	0	0	AnJons lf	3	0	1	1
Arencil c	3	0	2	0	J.Nix ss	3	2	2	0
KJhnsn 2b	2	0	1	0	RMartin c	2	0	1	0
RDavis lf	3	0	0	0	Wise cf	3	0	2	2
Vizquel ss-3b	3	0	0	0					
Totals	26	0	4	0	Totals	27	6	12	6
Toronto	000	000	0—0						
New York	400	101	0—6						

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Washington	52	36	.591	—
Atlanta	49	40	.551	3½
New York	46	44	.511	7
Miami	44	46	.489	9
Philadelphia	41	52	.441	13½
CENTRAL DIVISION				
	W	L	Pct	GB
Cincinnati	51	39	.567	—
Pittsburgh	51	40	.560	½
St. Louis	47	45	.511	5
Milwaukee	44	47	.484	7½
Chicago	36	53	.404	14½
Houston	34	58	.370	18
WEST DIVISION				
	W	L	Pct	GB
San Francisco	50	40	.556	—
Los Angeles	49	44	.527	2½
Arizona	43	47	.478	7
San Diego	38	55	.409	13½
Colorado	35	56	.385	15½

Wednesday's results
Milwaukee 4, St. Louis 3
L.A. Dodgers 5, Philadelphia 3, 12 innings
Pittsburgh 9, Colorado 6
San Diego 8, Houston 4
N.Y. Mets at Washington
Arizona at Cincinnati
San Francisco at Atlanta
Miami at Chicago Cubs
Tuesday's results
Washington 5, N.Y. Mets 4, 10 innings
Cincinnati 4, Arizona 0
San Francisco 9, Atlanta 0
Miami 9, Chicago Cubs 5
Milwaukee 3, St. Louis 2
Pittsburgh 6, Colorado 2
San Diego 8, Houston 2
Philadelphia 3, L.A. Dodgers 2
Thursday's games
All Times Eastern
San Francisco (Bumgarner 11-5) at Atlanta (T.Hudson 7-4), 12:10 p.m.
Arizona (J.Saunders 4-6) at Cincinnati (Leake 3-6), 12:35 p.m.
N.Y. Mets (Dickey 12-1) at Washington (G.Gonzalez 12-4), 12:35 p.m.
Miami (Buehrle 9-8) at Chicago Cubs (Maholm 7-6), 2:20 p.m.
Houston (Harrell 7-6) at San Diego (Volquez 5-7), 10:05 p.m.
Friday's games
Atlanta at Washington, 7:05 p.m.
Miami at Pittsburgh, 7:05 p.m.
San Francisco at Philadelphia, 7:05 p.m.
L.A. Dodgers at N.Y. Mets, 7:10 p.m.
Milwaukee at Cincinnati, 7:10 p.m.
Chicago Cubs at St. Louis, 8:15 p.m.
Houston at Arizona, 9:40 p.m.
Colorado at San Diego, 10:05 p.m.

E—Al.Rodriguez (6). DP—Toronto 2. LOB—Toronto 6, New York 5. 2B—Arencibia (14), Jeter (19), Cano (28), J.Nix (6), Wise (3). HR—Teixeira (19). CS—J.Nix (3).

	IP	H	R	ER	BB	SO
Toronto						
R.Romero L,8-6	6	12	6	6	2	2
Beck	0	0	0	0	0	0
New York						
Kuroda W,9-7	7	4	0	0	0	5

HBP—by Kuroda (K.Johnson).
Umpires—Home, Marvin Hudson; First, Brian Runge; Second, Tim McClelland; Third, Ted Barrett.
T—2:12 (Rain delay: 0:58). A—45,986 (50,291).

TRANSACTIONS

MLB

COMMISSIONER'S OFFICE — Suspended Chicago Cub minor league RHP's Juancito De La Cruz and Antonio Encarnacion 50 games af-ter testing positive for metabolites of Stanazolol.

AMERICAN LEAGUE

BALTIMORE ORIOLES — Recalled RHP Tommy Hunter from Norfolk (IL). Designated RHP Brad Bergesen for assignment.
BOSTON RED SOX — Placed DH David Ortiz on the 15-day DL, retroactive to July 17. Recalled INF Mauro Gomez from Pawtucket (IL).
CHICAGO WHITE SOX — Recalled LHP Pedro Hernandez from Charlotte (IL). Optioned RHP Jhan Marinex to Charlotte.
DETROIT TIGERS — Recalled RHP Jacob Turn-er from Toledo (IL). Optioned RHP Luis Marte to Toledo.
KANSAS CITY ROYALS — Optioned LHP Ryan Verdugo to Omaha (PCL). Recalled LHP Fran-cisley Bueno from Omaha.
MINNESOTA TWINS — Recalled RHP Nick Blackburn from Rochester (IL).
NEW YORK YANKEES — Recalled RHP David Phelps from Scranton/Wilkes-Barre (IL). Op-tioned RHP D.J. Mitchell to Scranton/Wilkes-Barre.
SEATTLE MARINERS — Placed LHP Charlie Furbush on the 15-day DL. Recalled RHP Steve Delabar from Tacoma (PCL).
TEXAS RANGERS — Reinstated RHP Colby Lewis from the 15-day DL. Optioned LHP Mar-tin Perez to Round Rock (PCL).
TORONTO BLUE JAYS — Transferred RHP Brandon Morrow to the 60-day DL.

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS — Recalled RHP Jonathan Albaladejo from Reno (PCL). Op-tioned RHP Trevor Bauer to Reno.
CINCINNATI REDS — Optioned RHP Todd Red-mond to Louisville (IL). Selected the contract of OF Xavier Paul from Louisville.
COLORADO ROCKIES — Agreed to terms with RHP Michael Solbach on a minor league con-tract.
HOUSTON ASTROS — Agreed to terms with OF Preston Tucker on a minor league contract.
LOS ANGELES DODGERS — Reinstated RHP Javy Guerra from the bereavement list. Op-tioned RHP Stephen Fife to Albuquerque (PCL).
MIAMI MARLINS — Optioned RHP Ryan Webb to New Orleans (PCL).
PHILADELPHIA PHILLIES — Optioned RHP Justin De Fratus to Lehigh Valley (IL).
SAN FRANCISCO GIANTS — Placed C Hector Sanchez on the 15-day DL. Recalled C Eli Whiteside from Fresno (PCL).

NBA

BOSTON CELTICS — Signed G Jason Terry.
DENVER NUGGETS — Waived C Chris Ander-sen.
PORTLAND TRAIL BLAZERS — Matched Min-nesota's four-year offer sheet for G-F Nicolas Batum.
TORONTO RAPTORS — Signed C Jonas Valan-ciunas to a two-year contract.

NFL

NFL — Suspended Carolina DT Andre Neblett four games for violating the league's policy on performance enhancing substances.
WASHINGTON REDSKINS — Signed QB

Robert Griffin III to a four-year contract and G Josh LeRibeus.

NHL

BOSTON BRUINS — Signed D Aaron Johnson to a one-year, two-way contract.
BUFFALO SABRES — Signed F Mikhail Grig-orenko to a three-year, entry-level contract.
DETROIT RED WINGS — Agreed to terms with D Kyle Quincey on a two-year contract.
NEW YORK ISLANDERS — Named Scott Pel-lerin coach of Bridgeport (AHL). Agreed to terms with D Ty Wishart on a one-year, two-way deal.
OTTAWA SENATORS — Re-signed F Jim O'Brien to a two-year contract. Signed D Eric Gryba to a two-year, two-way contract.
PHOENIX COYOTES — Agreed to terms with D Chris Summers on a one-year contract.
TAMPA BAY LIGHTNING — Named Rob Zettler assistant coach of Syracuse (AHL).

AHL

SAN ANTONIO RAMPAGE — Agreed to terms with coach Chuck Weber and assistant coach Jason Cipolla.

ECHL

GWINETT GLADIATORS — Agreed to terms with F Rylan Galiardi and F John Scrymgeour.

LACROSSE

EDMONTON RUSH — Signed general manager and coach Derek Keenan to a one-year con-tract.

CYCLING TOUR DE FRANCE

At Bagneres-de-Luchon, France

Wednesday's results

16TH STAGE

1. Thomas Voeckler, France, Team Europcar, 5 hours, 35 minutes, 2 seconds; 2. Chris Anker Sorensen, Denmark, Team Saxo Bank-Tinkoff Bank, 1 minute, 40 seconds behind; 3. Gorka Izaguirre, Spain, Euskaltel-Euskadi, 3:22; 4. Alexander Vinokourov, Kazakhstan, Astana, same time; 5. Brice Feillu, France, Saur-Soja-sun, 3:58; 6. Jens Voigt, Germany, RadioShack-Nissan, 4:18; 7. Daniel Martin, Ireland, Garmin-Sharp-Barracuda, 6:08; 8. Simone Stortoni, Italy, Lampre-ISD, same time; 9. Giampaolo Caruso, Italy, Katusha, same time; 10. Laurens ten Dam, Netherlands, Rabobank, 6:11.

Overall Standings

(After 16 stages)

1. Bradley Wiggins, Britain, Sky Procycling, 74 hours, 15 minutes, 32 seconds; 2. Chris Froome, Britain, Sky Procycling, 2:05; 3. Vin-cenzo Nibali, Italy, Liquigas-Cannondale, 2:23; 4. Jurgen Van den Broeck, Belgium, Lotto Belisol, 5:46; 5. Haimar Zubeldia, Spain, Ra-dioShack-Nissan, 7:13; 6. Tejay Van Garderen, United States, BMC Racing, 7:55; 7. Cadel Evans, Australia, BMC Racing, 8:06; 8. Janez Brajkovic, Slovenia, Astana, 9:09; 9. Pierre Rol-land, France, Team Europcar, 10:10; 10. Thibaut Pinot, France, FDJ-Big Mat, 11:43.

TENNIS

ATP WORLD TOUR BET-AT-HOME

At Hamburg, Germany

Singles

Albert Ramos, Spain, def. Lukas Rosol, Czech Republic, 7-6 (8), 4-6, 6-3.
Tommy Haas, Germany, def. Gilles Simon (2), France, 4-6, 6-3, 6-4.
Florian Mayer (7), Germany, def. Robin Haase, Netherlands, 6-2, 6-1.
Marin Cilic (4), Croatia, def. Federico Delbo-nis, Argentina, 6-3, 6-2.

SWISS OPEN

At Gstaad, Switzerland

Singles

First Round
Santiago Giraldo (7), Colombia, def. Henri Laaksonen, Switzerland, 6-2, 6-2.
Second Round
Feliciano Lopez (5), Spain, def. Jan Hajek, Czech Republic, 6-7 (3), 6-1, 6-4.
Thomaz Bellucci, Brazil, def. Mikhail Youzhny (4), Russia, 4-6, 6-2, 6-4.
Ernests Gulbis, Latvia, def. Benoit Paire, France, 5-7, 7-6 (3), 6-4.
Paul-Henri Mathieu, France, def. Stanislas Wawrinka (3), Switzerland, 7-6 (3), 7-6 (8).

Doubles

Marcel Granollers and Marc Lopez (1), Spain, def. Blaz Kavcic, Slovenia, and Igor Zelenay, Slovakia, 6-3, 6-3.
Robert Farah and Santiago Giraldo, Colombia, def. Johan Brunstrom, Sweden, and Dick Nor-man, Belgium, 4-6, 6-4, 10-8 tiebreak.
Quarterfinals
Thomaz Bellucci, Brazil, and Michael Kohlmann, Germany, def. Paul Hanley, Aus-tralia, and Julian Knowle (3), Austria, 1-6, 6-3, 10-5 tiebreak.
Ivan Dodig, Croatia, and Marcelo Melo (2), Brazil, def. Sergiy Stakhovsky, Ukraine, and Mikhail Youzhny, Russia, 6-3, 6-3.

WTA SONY SWEDISH OPEN

At Bastad, Sweden

Singles

First Round

Mathilde Johansson, France, def. Jill Craybas, United States, 6-4, 6-1.
Johanna Larsson, Sweden, def. Olga Gov-ortsova, Belarus, 7-6 (6), 4-3, retired.
Second Round
Anastasia Pavlyuchenkova (5), Russia, def. Silvia Soler-Espinosa, Spain, 6-4, 6-0.
Mona Barthel (7), Germany, def. Kateryna Bondarenko, Ukraine, 6-2, 7-5.
Polona Hercog, Slovenia, def. Julia Goerges (2), Germany, 7-6 (4), 6-2.
Tsvetana Pironkova, Bulgaria, def. Lesia Tsurenko, Ukraine, 7-5, 6-3.

Doubles

First Round

Akgul Amanmuradova, Uzbekistan, and Kateryna Bondarenko, Ukraine, def. Lourdes Dom?nguez Lino and Anabel Medina Garrigues (4), Spain, walkover.
Quarterfinals
Sandra Klemenschits, Austria, and Tatjana Malek, Germany, def. Valeria Solovieva, Rus-sia, and Anna Tatishvili, Georgia, 6-3, 5-7, 10-5 tiebreak.
Catalina Castano and Mariana Duque-Marino, Colombia, def. Olga Govortsova, Belarus, and Klaudia Jans-Ignacik (2), Poland, walkover.

WTA MERCURY INSURANCE OPEN

At Carlsbad, Calif.

Singles

Second Round

Chan Yung-jan, Taiwan, def. Heather Watson, Britain, 6-3, 7-6 (2).
Varvara Lepchenko, United States, def. Chanelle Scheepers (8), South Africa, 6-4, 6-2.

GOLF

WEEKEND GLANCE

BRITISH OPEN

Site: Lytham, England.
Schedule: Thursday-Sunday.
Television: ESPN (Thursday-Friday, 5 a.m.-6 p.m., 7-10 p.m.; Saturday, 7 a.m.-2:30 p.m., 7-10 p.m.; Sunday, 6 a.m.-1:30 p.m.), ESPN2 (Saturday, 4-7 a.m., Sunday, 9 p.m.-midnight) and ABC (Saturday-Sunday, 3-6 p.m.).
Online: www.opengolf.com
PGA Tour site: www.pgatour.com
European Tour site: www.europeantour.com

PGA TOUR

TRUE SOUTH CLASSIC

Site: Madison, Miss.
Schedule: Thursday-Sunday.
Television: Golf Channel (Thursday, 3-6 p.m.; Friday-Sunday, midnight-3 a.m., 3-6 p.m.; Monday, midnight-3 a.m.).
Online: www.pgatour.com

CFL

EAST DIVISION							
	GP	W	L	T	PF	PA	Pt
Montreal	3	2	1	0	84	100	4
Hamilton	3	1	2	0	88	109	2
Toronto	3	1	2	0	81	91	2
Winnipeg	3	0	3	0	56	116	0
WEST DIVISION							
	GP	W	L	T	PF	PA	Pt
Saskatchewan	3	3	0	0	83	37	6
B.C.	3	2	1	0	92	75	4
Edmonton	3	2	1	0	62	42	4
Calgary	3	1	2	0	106	82	2

WEEK FOUR

Wednesday's result
Winnipeg at Toronto
Thursday's game
All Times Eastern
Saskatchewan at Calgary, 9 p.m.
Friday's game
Edmonton at B.C., 10 p.m.
Saturday's game
Montreal at Hamilton, 7 p.m.

SOCCER

MLS

Wednesday's results
Toronto 2 Colorado 1
New York 1, Chicago 0
Chivas USA 1, Portland 0
New England at Montreal
Sporting Kansas City at Houston
Los Angeles at Vancouver
FC Dallas at San Jose
Saturday's games
All Times Eastern
Philadelphia at New York, 2:30 p.m.
D.C. United at Columbus, 7:30 p.m.
Montreal at Houston, 8:30 p.m.
New England at Sporting Kansas City, 8:30 p.m.
Portland at FC Dallas, 9 p.m.
Chivas USA at Los Angeles, 10 p.m.
Colorado at Real Salt Lake, 10 p.m.

NASL

Wednesday's result
Fort Lauderdale at Minnesota



sipon

TIRES AND RIMS

OTTAWA'S RIM SPECIALIST

1580 Michael Street, Ottawa • 613-695-8866 • Ask for Mony!

BUY NOW! HOTTEST DEALS IN TOWN!

BEST SELECTION. BEST QUALITY. BEST PRICES. PROFESSIONAL ADVICE.



Raonic hopes for travel crunch next month

Tennis. Big server will represent Canada at London Olympics and then Rogers Cup event the following week

Milos Raonic won't mind a travel headache this summer.

The hard-serving 21-year-old will represent Canada at the London Olympics starting later this month, and is also scheduled to take part at the Rogers Cup tournament the following week in Toronto.

A good showing at the Games could mean travel and

fatigue issues, but those are problems Raonic would welcome.

"If this is a problem you're faced with, it's a good problem to have," Raonic said Tuesday at a media event in Toronto. "I'm sure that anybody who's able to put themselves in a winning position at the Olympics is going to have a good opportunity to be in a winning position here."

But the 24th-ranked men's player will be in tough on the grass courts at Wimbledon, where the tennis events at the Olympics will be held.

Most of the top players are scheduled to play in the 64-man field, including Roger Federer,

Quoted

"Since it's such a rare opportunity, I think it just amps up the hype around it quite a bit."

Milos Raonic, who says although it's not as prestigious as one of tennis's four majors, the Olympics are an event players mark on their calendars.

Novak Djokovic and 2008 gold medalist Rafael Nadal.

Raonic, who was born in Montenegro but moved to Thornhill, Ont., with his family when he was three, has faced repeated questions since he became the face of Canadian

tennis over his long-term commitment to playing for this country.

Other Canadian athletes have jumped ship, but Raonic hopes his Olympic participation will put the issue to rest.

"There really isn't even second thoughts about this decision for me — I play for Canada," he said.

The Olympic tournament runs from July 28 to Aug. 5, while the Rogers Cup main draw starts Aug. 6. Despite the possibility of a quick turnaround following a trans-Atlantic flight, Raonic said he is also looking forward to taking part in his hometown tournament in Toronto. **THE CANADIAN PRESS**



Milos Raonic in action against Sam Querrey June 28 at the Wimbledon Championships in London. DAN KITWOOD/GETTY IMAGES

metro

AUTOMOTIVE

Cars & Trucks for Sale

2006 Hyundai Sonata GLS, V6, 124,000km, 1 owner, mint condition, accident free, sun roof, extended warranty, extras, Asking \$7800 613-825-0202

Cars & Trucks Wanted

!!!CASH FOR THAT CLUNKER!!!
WILL BUY UNWANTED CARS AND TRUCKS FOR SCRAP AND PARTS. PAY CASH
Give me a call and I'll haul it away
BARRY 613-769-7940

f like us metro

PERSONALS

Personals

Roxanne 24h In/Out Calls East End
Ottawa 28+ Sexy Slim Petite Brunette
Hiring Driver
613-600-9915

CLASSIFIEDS

TO ADVERTISE, CALL:
1 800 527-6767

RENTALS

Apartments Unfurnished



Residential Rentals
Windsor Arms - Located along the main axis of Parliament, built in 1930 to be one of Ottawa's premiere addresses. Designed in the Art Nouveau style.
Please contact for rental availability

ANDREX
www.andrex.ca

Tel: (613)238-1835

SERVICES

Financial

Need Ca\$h Today?

Loans up to \$10,000
Bad Credit? No Problem.
www.eazycash.ca
613-699-0011
Check Cashing, Car Title Loans, Money Transfers.

Mortgages

OWN A HOME?
Loaded with Debt? I can help! 1st, 2nd, 3rd
Mortgages Re-Financing. Home Equity Loans. Debt Consolidation Loans. Bad Credit? Self-Employed? Bank said "No"?
Fast approvals! Quick Closing!
Steve Daigle: sdaigle@tmacc.com
(613)863-0649

HOUSEHOLD SERVICES

General Services

COMPLETE BATHROOM RENOVATIONS \$4,800 + HST
New Tub & Tiles, Toilet, Ceramic Floor, Vanity Cabinet & Sink, Mirror & Faucets (Demo & Prep included)
Certain Conditions Apply
S & S Home Renovations
613 291-0928 sshr123@rogers.com

Cleaning Services

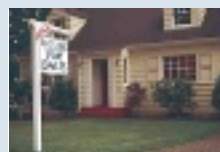
LET IT SHINE CLEANING SERVICES
RESIDENTIAL & COMMERCIAL CLEANING
(Fully Licensed, Insured and Bonded)
Weekly•Bi-Weekly•Monthly
One Time Cleaning Services
Call TODAY: 613-440-2847
www.letitshinecleaning.ca

Miscellaneous

Miscellaneous

Attention Realtors!

Want to reach over 92,600 daily Metro News readers?
Advertise your listings with Metro Classifieds.



1 Listing
Starting as low as
\$18 per day

Call 1-800-527-6767 to place your ad now!

LOOK!

Advertise in this space
for as little as
\$35/day
Call 1-800-527-6767!

Read metro your money every Tuesday for
financial tips, trends and advice.
Only in Metro. News worth sharing.

metro

CANADA'S FIRST NEWS APP IN
NEWSSTAND
Now available for iPad, iPhone and iPod touch!



NEED A RIDE?

Read metro drive
every Wednesday.

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

2 computer monitors 19 inch - \$50.00, 17 inch - \$40.00 613-233-8994	Call: 1-800-527-6767 today to book this space! Size 1.535" X .542", Limit 1/day, 2/wk	CUTLERY SET WITH CADDY \$5.00 Metal Shiskabob set \$2.00 519-657-9440	HAMSTER CAGE \$15.00 613-233-8994	PUNCH BOWL WITH 12 CUPS \$20.00 613-733-2289	Treadmill \$50.00 Stepper \$20.00 Desk with hutch (new) \$150.00 613-440-7728
Bell Satellite Receiver, Dish and LNB Please make a reasonable offer 613-741-8140	chest of drawers \$10 stereo w/ 5 cd changer with remote \$20 3 pc Wall Unit \$30 (613)909-1571	dining table with 4 chairs, 2 captn chairs like new \$900 Queen bed with 4 drawers and mattress \$600 (613)883-3634	Indian Wool Rug Superagra 9 by 12 beige with gold pattern ex condition Asking \$500 OBO (613)825-5322	QUEEN size BEDROOM SET (Wood) 2 night tables, headboard and 2 dressers. Good condition. Asking \$250.00 OBO 613-824-9909	WINE GLASS COOLER \$5.00 Wine, Champagne, Martini glasses 6 for \$5.00 519-657-9440
Bikes For Sale mens and kids \$50 and \$75 613-733-2289	Computer Desk \$25 Antique Octangle Table \$325 Small Round Table Plant Stand \$5 (613)824-9909	Don't wait until Spring, Sell Your Stuff Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk	Leather couch, love seat and chair \$1200 King size bed with 2 night stands, dresser and mirror inc mattress \$2400 Items Like new (613)883-3634	Singer Sewing Machine \$80.00 Electric Typewriter (English/French) \$50.00 613-440-7728	•Wood Desk \$20 •Football Table \$30 •Massage Seat Cushion \$20 •Thermal Seat \$5 •Small Fish Tank \$5 (613)909-1571
BRAND NEW Panini Grill - \$25 Toaster \$15.00 613-825-3487	Curtains for Honda Element Factory made. In box. Used once. Clip on. Grey in color \$40.00 613-894-3543	GIBBARD DINING SET Hutch & Buffet server. Excellent condition. Asking \$500 613-440-4688	Limited spaces avail. Get yours today! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk	SUMMER SCHOOL MATH HELP BOOKS (grades 8 -12) Please call for prices, various books (613)741-8140	Your Free Ad Here ! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk

Horoscopes

Aries

March 21 - April 20

Usually criticism goes right over your head but today it won't be so easy to ignore what others say. Could it be because you know it is true? Maybe you can learn from what they have to tell you.

Taurus

April 21 - May 21

No matter how many important things you have to take care of, you must make time for social activities. Being with fun-loving people will make you feel good too. All work and no play is not a recipe for happiness.

Gemini

May 22 - June 21

The more sacrifices you make in one area today, the more you will gain in other areas. Financially, this is one of the best times of the year to replace the old with the new, so be ready to make changes.

Cancer

June 22 - July 23

A new moon in your sign means you should be making big plans, the kind of plans that get other people talking. If you have a clear goal and always think positive you cannot fail. So what are you waiting for?

Leo

July 24 - Aug. 23

Spend some time by yourself today so you can think about recent events and make sense of what's been happening in your life. Invest in a pair of really good ear plugs and shut yourself off from the world.

Virgo

Aug. 24 - Sept. 23

Self-confidence is essential if you want to make progress, so don't waste time questioning your motives or your methods. Just get on with what you are doing.

Libra

Sept. 24 - Oct. 23

The decisions you make over the next 24 hours will affect your career aims for a long time to come. Make sure you know what it is you want then make the effort to go out and get it. All things are possible.

Scorpio

Oct. 24 - Nov. 22

Today's new moon will do wonders for your self-belief and make it easier for you to take the kind of risks that make good things happen. You will be extremely adventurous over the next 24 hours.

Sagittarius

Nov. 23 - Dec. 21

Do you continue with a business deal that you are increasingly unsure of or do you give up on it? Don't feel you have to carry on just because other people want you to. It's your life and your choice.

Capricorn

Dec. 22 - Jan. 20

A new moon in your opposite sign of Cancer means a new start is possible for a relationship that has been fading a bit. But don't leave it up to the other person to make the first move.

Aquarius

Jan. 21 - Feb 19

Today's new moon will be good for your health. If you've been thinking about a new fitness regime, now is the time to do something about it. Don't plan far ahead. Take it one gym session at a time.

Pisces

Feb. 20 - March 20

You will be inspired to try something new and exciting over the next 24 hours and chances are you'll like it so much it will become a central part of your life. New things are fun. **SALLY BROMPTON**

Yesterday's crossword

1. Emulate a volcano

6. Bay of Fundy fishing vil-

10. Imperfection

14. Glass: Fr.

15. Marshy wasteland

16. Jai follower

17. Cape Columbia, locat-

20. In Monashee Mtns.,

21. Ghostly

22. Hearer

23. Former satellites

25. Lady of pop

28. 4 out of 5 of these are

34. Bypass

35. One at ____

36. Preceding

37. ____ vivant

38. Small rural municipality

100 km SW of Toronto

39. Valiant's oldest

40. Country N. of Slovenia

41. "Understand now?"

42. Loonies

43. AB town, region known

for dinosaur fossils

46. Badly behaved

47. "____ Dooby": Orbison's

first hit

48. Center start

50. Arise

53. Body of water in central

Burnaby, BC

58. 2d-highest peak in both

Canada and US, on Yukon-

Alaska border

61. Once, once

62. Employed

63. Rides for VIPs

64. Loch ____

65. Art Spiegelman won

a Pulitzer for this

66. Cowboy's rope

Down

1. Any time

2. Move: real estate

jargon

3. Trendy addresses

4. Make formal dinner

arrangements

5. Hot electric car

6. Prayer finish

7. Prayer start

8. Larry and Curly's

brother

9. Onassis, by nickname

10. 1983 Nobel Peace

Prize winner

11. Banned fruit treat-

ment

12. Indian princess

13. All alternative

18. Actress Helgenberger

of *CSI*

19. *Comune* in Brescia,

Lombardy, Italy, bor-

dered by Nuvolento,

Caino, Botticino

23. SK folk musician

Buffy ____-Marie

24. Bank printout: abbr.

25. Curdle, as milk

26. Love: Fr.

27. Knife pitched in info-

mercials

29. Seldom

30. Online selling

31. Canadian star Reeves

32. Flubbed

33. Sixth ____

38. BBC nickname, with

"the"

41. Hamilton, ON-born *SNL*

alumnus Martin

42. S-Central ON city be-

tween Lakes Couchiching

and Simcoe

44. Canada's Logan and

Lucania

45. "____ Petite": Jackie

Wilson hit

49. Alberto VO5 rival

50. Sign

51. Apple piece

52. Say "I@#\$\$"

53. 7-Down, in parts of

Canada

54. Stops

55. Points a gun

56. *Get Smart* villains

57. ExxonMobil's brand in

Canada

59. Total

60. Deep ____ well

Today

24°/12°

Partly cloudy

27°/14°

Sunny

Know what the weather

will be 14 days from now.

Check the 14 day trend.

TWN incorporates NSC data

QuestChat™

feel the rush

TRY IT FREE

613.232.4444

Other Cities 1.888.482.8282

1.800.677.4444 • \$25/50 min

Chat: 8CHAT624281 .75/min

Text: 1095T1 to 188888 (50¢/min)

Free trial not applicable to 8CHAT

questchat.com

FLIGHT CENTRE®

Unbeatable

Gananoque 3 Nights + Tour

\$255

Holiday Inn Express Suites

taxes & fees included

INCLUDES central accom and Thousand Island cruise on the

St Lawrence River. Travel Aug 17, 24/ggv.

1 866 720 4853 | flightcentre.ca

Conditions apply. Ex: Ottawa. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ggv=pogo vacations. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

Book your December vacation now.

WESTJET

vacations

OVER 1,500 AIR MILES® REWARD MILES AVAILABLE TO BE EARNED THIS WEEKEND ONLY!



SUPER BONUS EVENT



AIR MILES Cash
Sponsor

July 20-22, earn

50 BONUS
AIR MILES
reward miles

when you spend \$50 or more.[†]



July 20-21, over

1,470 BONUS
AIR MILES
reward miles

available to be earned
on select products in store.^{††}



AIR MILES Cash
Sponsor

July 20-22, earn

2x the
AIR MILES
reward miles

when you spend \$40 or more.[‡]
See airmiles.ca/superbonus for coupon.



July 20-22, earn

10 BONUS
AIR MILES
reward miles

when you spend \$50 or more.
No coupon required.^{‡‡}

Now you can pay for your purchases with
AIR MILES® Cash at participating Sponsors.^{‡‡‡}

1 ACTIVATE

your account at airmiles.ca/cash

2 EARN

towards your AIR MILES Cash balance

3 REDEEM

instantly towards your everyday purchases
with your AIR MILES reward miles

95 reward miles = \$10 off your purchases



Visit airmiles.ca/superbonus1 for details.



[†]Offer valid July 20-22, 2012. Minimum purchase of \$50 or more on qualifying products before taxes, after discounts and exclusions. One offer per applicable transaction only. Some exclusions may apply. See cashier and flyer for details. Bonus AIR MILES reward miles offer is only valid with the purchase of Rexall Brand Products and cannot be used with any other AIR MILES reward miles Bonus offer. No cash value. Offer valid at Participating Rexall™ and Rexall™ Pharma Plus locations only in the province of Ontario, excluding the region of Thunder Bay and western provinces. ^{††}Bonus AIR MILES reward miles available on selected products from June 24 – July 21, 2012 at the LCBO. While quantities last. Offer subject to change without notice. See store for details. ^{†††}Excluding taxes and the purchase of gift cards. Offer valid from July 20-22, 2012 at participating RONA stores. Cannot be combined with any other offer, with the exception of Bonus offers on products. Bonus offer coupon must be presented at time of purchase. Bonus offer applies to the total base reward miles earned on qualifying purchase amount. Some conditions apply. Details in store. [‡]Bonus AIR MILES offer is valid July 20-22, 2012 at all Ontario locations when you present your Collector Card at the time of purchase. Offer not valid on online purchases. No coupon required. Valid for a minimum purchase of \$50 in a single transaction, net of refunds and exclusive of taxes, discounts and gift card purchases. Offer cannot be combined with any other AIR MILES Bonus offer. This is an exclusive offer and is non-transferable. The Children's Place reserves the right to change or cancel the offer at any time. ^{‡‡}Redeem AIR MILES reward miles in the Cash balance of your AIR MILES Collector Account in increments of 95 reward miles for \$10 off your purchases at participating AIR MILES Sponsor locations to a maximum of \$200 per day. Visit airmiles.ca/cash to learn more. You must inform the Sponsor that you want to redeem reward miles and present your Collector Card at time of purchase. All Rewards offered are subject to the Terms and Conditions of the AIR MILES Reward Program, are subject to change and may be withdrawn without notice. For complete details, visit airmiles.ca. ^{‡‡‡}Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor trademarks are owned by the respective Sponsor or authorized for their use in Canada.



Rallye
 RALLYEMITSUBISHI.CA
 819.568.9999

UP TO \$4000 IN REBATES!
OUR BEST DEALS OF THE YEAR

FREE CRUISE
 WITH THE PURCHASE
 OF A NEW VEHICLE*



**FREE GPS, HOOD
 DEFLECTOR AND
 FIRST TUNE-UP**
 WITH THE PURCHASE OF A
 NEW VEHICLE

**0% PURCHASE
 FINANCING
 FOR UP TO 72 MONTHS
 ON CERTAIN
 MODELS**

2012 LANCER
 High Performance Sedan
Starting at \$13,998
 Sale price \$15,598
FREIGHT AND PDE INCLUDED



AWD AVAILABLE
\$42 PER WEEK
FREIGHT AND PDE INCLUDED
85 month term at 4.99%, freight, PDE, tax, license, title, and dealer fees. MSRP \$15,598. MSRP \$15,598. MSRP \$15,598.

2012 OUTLANDER
 The Fiery and Bold SUV
Starting at \$21,998
 Sale price \$23,698
FREIGHT AND PDE INCLUDED



\$63 PER WEEK
FREIGHT AND PDE INCLUDED
88 month term at 4.99%, freight, PDE, tax, license, title, and dealer fees. MSRP \$23,698. MSRP \$23,698. MSRP \$23,698.

2012 RVR
 The Crossover Energy Efficient
Starting at \$16,998
 Sale price \$18,598
FREIGHT AND PDE INCLUDED



\$49 PER WEEK
FREIGHT AND PDE INCLUDED
88 month term at 4.99%, freight, PDE, tax, license, title, and dealer fees. MSRP \$18,598. MSRP \$18,598. MSRP \$18,598.

Rallye
 NO.1 VOLUME MITSUBISHI DEALER IN
 IN OTTAWA - GATINEAU

1185, boul. La Vérendrye Ouest, Gatineau
 Rallyemitsubishi.ca • 819.568.9999
 ONLY 5 MINUTES AWAY FROM DOWNTOWN OTTAWA

10YEAR
160,000 km
 POWERTRAIN LTD WARRANTY
 BEST BACKED CARS IN THE WORLD*



For all purchase financing offers, customers must sign contract and take delivery by July 31st, 2012. Subject to credit approval. 0% for 72 months for the 2012 Outlander and RVR and 0% for 60 months for 2012 Lancer. Total obligation of \$20,880 for the 2012 Lancer, \$32,814 for 2012 Outlander, \$25,930 for the RVR, \$56,510 for the 2012 Evolution and \$27,082 for the 2012 Sportback. Freight and PDE included. Taxes, options and license extra. Photos for illustration only. Cannot be combined with any other promotions. * See Rallye Mitsubishi for details about the trip. ** Best backed cars in the world does not apply to Lancer Evolution and Lancer Ralliart and i-Miev models. See Rallye Mitsubishi for details.



ELITE
 GATINEAU

MAZDA
 PRE-OWNED CENTRE



2008 MAZDA 3 GT
 Manual, A/C, CD, 80,549km,
 #E100760A
\$9,680⁰⁰*



2009 MAZDA 5 GS
 Manual, 5 speed, A/C, CD, electric
 group, 32,950km, #120043A
\$15,850⁰⁰*



2007 MAZDA CX7 GS
 Auto, A/C, CD, CD, electric group,
 76,842km, #E1641
\$16,950⁰⁰*

1205 BOUL. LA VÉRENDRYE OUEST • GATINEAU
ELITEMAZDA.CA • 819.568.6000

†Payments include all taxes.
 *Prices plus tax.
 See Elite for details.